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HALL'S

JOURNAL OF HEALTH.

FOR 1866.

"HEALTH IS A DUTY" .-- ANONG

'MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;

THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—Ed-

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual in the estimation of the good, as much as drunkenness now does."—IBID.



W. W. HALL, M. D.

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HALL'S JOURNAL OF HEALTH.

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No. I.

WHAT IS CHOLERA?

Cholera is the exaggeration of intestinal vermicular motion This definition, explained in language less professional, would do more good than all the popular recipes for the cure of Cholera ever published, because it expresses the inherent nature of Cholera and suggests the principles of cure, in its early stage, to the most unreflecting mind.

The public is none the better, or wiser, or safer, for one of all the ten thousand "cures" for Cholera proclaimed in the public prints, with a confidence which itself is a sufficient guarantee that however well-informed the authors may be in other matters, as regards Cholera itself they are criminally ignorant; for no man has a right to address the public on any subject connected with its general health unless he understands that subject in its broadest sense, practically as well as theoretically.

As Cholera has become a general and perhaps, at least for the present,* a permanent disease of the country, and at this time is more or less prevalent in every State of the Union and one, too, which may at any hour sweep any one of us into the grave—it belongs to our safety to understand its nature for ourselves, and do what we may to spread the knowledge among those around us.

A "live" cheese or a cup of fishing worms may give an idea of the motion of the intestines in ordinary health. The human gut is a hollow, flexible tube, between thirty and forty feet long; but, in order to be contained within the body, it is, to save space, arranged as a sailor would a coil of rope, forever moving in health—moving too much in some diseases—too little in others. To regulate this motion is the first object of the physician in every disease. In head-aches, bilious affections, costiveness and the like, this great coiled-up intestine;

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* 1854.

usually called "the bowels," is "torpid," and medicines are given to wake it up, and what does that cures the man. Costiveness is the foundation—that is, one of the first beginnings—or it is the attendant of every disease known to man, in some stage or other of its progress. But the human body is made in such a manner, that a single step cannot be taken without tending to move the intestines; thus it is, in the main, that those who move about on their feet a great deal have the least sickness,—and, on the other hand, those who sit a great deal, and hence move about but little, never have sound health; it is an impossibility—it is a rule to which I have never known an exception.

Cholera being a disease in which the bowels move too much, the object should be to lessen that motion; and, as every step a man takes, increases intestinal motion, the very first thing to be done in a case of cholera is to secure quietude. It requires but a small amount of intelligence to put these ideas together, and if they could only be burnt in on every heart, this fearful scourge would be robbed of myriads of its victims.

There can be no cure of Cholera without quietude—the quietude of lying on the back.

The physician who understands his calling is always on the look-out for the instincts of nature; and he who follows them most, and interferes with them least, is the one who is oftenest successful. They are worth more to him than all the rigmarole stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility. If, for example, a physician is called to a speechless patient—a stranger, about whom no one can give any information—he knows, if the breathing is long, heavy and measured, that the brain is in danger; if he breathes quick from the upper part of the chest, the abdomen needs attention; or if the abdomen itself mainly moves in respiration, the lungs are suffering. In violent cases of inflammation of the bowels, the patient shrinks involuntarily from any approach to that part of his person. These are the instincts of nature, and are invaluable guides in the treatment of disease.

Apply this principle to cholera, or even common diarrhœa, when the bowels do not act more than three or four times a day; the patient feels such an unwillingness to motion that he

even rises from his seat with the most unconquerable reluctance; and when he has, from any cause, been moving about considerably, the first moment of taking a comfortable seat is perfectly delicious, and he feels as if he could almost stay there always. The whole animal creation is subject to disease, and the fewest number, comparatively speaking, die of sickness; instinct is their only physician.

Perfect quietude, then, on the back, is the first, the imperative, the essential step towards the cure of any case of cholera. To this art may lend her aid towards making that quietude more perfect, by binding a cloth around the belly pretty firmly. This acts beneficially in diminishing the room within the abdomen for motion; a man may be so pressed in a crowd, as not to be able to stir. This bandage should be about a foot broad, and long enough to be doubled over the belly; pieces of tape should be sewn to one end of the flannel, and a corresponding number to another part, being safer and more effective fastenings than pins. If this cloth is of stout woollen flannel, it has two additional advantages—its roughness irritates the skin and draws the blood to the surface from the interior, and by its warmth retains that blood there; thus preventing that cold, clammy condition of the skin which takes place in the last stages of cholera. Facts confirm this. When the Asiatic scourge first broke out among the German soldiery, immense numbers perished; but an imperative order was issued, in the hottest weather, that each soldier wear a stout woollen flannel abdominal compress, and immediately the fatality diminished more than fifty per cent. If the reader will try it, even in cases of common looseness of bowels, he will generally find the most grateful and instantaneous relief.

The second indication of instinct is to quench the thirst. When the disease now called Cholera first made its appearance in the United States, in 1832, it was generally believed that the drinking of cold water, soon after calomel was taken, would certainly cause salivation; and, as calomel was usually given, cold water was strictly interdicted. Some of the most heart-rending appeals I have ever noticed were for water, water! I have seen the patient with deathly eagerness mouthe the finger-ends of the nurse, for the sake of the drop or two of cold water there while washing the face. There are two ways

of quenching this thirst, cold water and ice. Cold water often causes a sense of fulness or oppression, and not always satisfying; at other times the stomach is so very irritable, that it is ejected in a moment. Ice does not give that unpleasant fulness, nor does it increase the thirst, as cold water sometimes does, while the quantity required is very much reduced.

A CASE.

About a year ago, I was violently attacked with cholera symptoms in a rail-car. The prominent symptoms were a continuous looseness of the most exhausting character, a deathly faintness and sickness, a drenching perspiration, an overpowering debility, a feeling as if the whole intestines were wrung together with strong hands, as washerwomen wring out clothing. Not being willing to take medicine, at least for a while, and no ice being presently obtainable, at the first stoppingplace I ate ice-cream, or rather endeavored to swallow it before it could melt. I ate large quantities of it continually, until the thirst was entirely abated. The bowels acted but once or twice after I began to use it, I fell asleep, and next morning was at my office, as usual, although I was feeble for some days. This may not have been an actual case of Asiatic Cholera, although it was prevalent in the city at that time; but it was sufficiently near it to require some attention, and this is the main object of this article, to wit: attention to the first symptoms of Cholera when it prevails.

According to my experience, there is only one objection to the ice-cream treatment, and that is, you must swallow it without tasting how good it is; it must be conveyed into the stomach as near an icy state as possible.

The second step, then, in the treatment of an attack of Cholera, is to quench the thirst by keeping a plate of ice beside you, broken up in small pieces, so that they may be swallowed whole, as far as practicable; keep on chewing and swallowing the ice until the thirst is most perfectly satisfied.

PRACTICAL RESULTS.

The first step, then, to be taken where Cholera prevails and ats symptoms are present, is:

To lie down on a bed.

2d. Bind the abdomen tightly with woollen flannel.

3d. Swallow pellets of ice to the fullest extent practicable.

4th. Send for an established, resident, regular physician. Touch not an atom of the thousand things proposed by brains as "simple" as the remedies are represented to be, but wait quietly and patiently until the arrival of your medical attendant.

But many of my readers may be in a condition, by distance or otherwise, where it is not possible to obtain a physician for several hours, and where such a delay might prove fatal. Under such circumstances, obtain ten grains of calomel and make it into a pill with a few drops of gum water; dry it a little by the fire or in the sun and swallow it down. If the passages do not cease within two hours, then swallow two more of such pills, and continue to swallow two more at the end of each two hours until the bowels cease to give their light-colored passages, or until the physician arrives.

WHY?

In many bad cases of Cholera, the stomach will retain nothing fluid or solid, cold water itself being instantly returned. A calomel pill is almost as heavy as a bullet; it sinks instantly to the bottom of the stomach, and no power of vomiting can return it. It would answer just as well to swallow it in powder; but the same medium which would hold it in suspension while going down, would do the same while coming up.

THE FIRST OBJECT

Of a calomel pill in Cholera, is to stop the passages from the bowels. This is usually done within two hours; but if not, give two next time, on the principle if a certain force does not knock a man down the first time, the same force will not do it the second. Hence, to make the thing sure, and to lose no time—for time is not money here, but life—give a double portion. Not one time in twenty will it be necessary to give the second dose—not one time in a thousand the third. But as soon as your physician comes, tell him precisely what you have done, what its apparent effects, and then submit yourself implicitly to his direction.

When the calomel treatment is effectual, it arrests the pas-

sages within two hours; and in any time from four to twelve hours after being taken, it affects the bowels actively, and the passages are changed from a watery thinness to a mushy thickness or consistency, and instead of being the color of ricewater, or of a milk and water mixture, they are brown or yellow, or green or dark, or black as ink, according to the violence of the attack. Never take anything to "work off" calomel, if there is any passage within ten hours after it is taken; but if there is no passage from the bowels within ten, or at most twelve hours after taking calomel, then take an injection of common water, cool or tepid. Eating ice or drinking cold water after a dose of calomel, facilitates its operation, and never can have any effect whatever towards causing salivation; that is caused by there being no action from the bowels, as a consequence of the calomel, sooner than ten or twelve hours after it has been swallowed.

WHAT ARE THE FACTS?

I have been between two and three years in the midst of prevalent Cholera, continuously, winter and summer, the deaths being from two to two hundred a day. In all that time I had no attack, never missed a meal for the want of appetite to eat, ate in moderation whatever I liked and could get, and lived in a plain, regular, quiet way. During this time I had repeated occasions to travel one or two thousand miles, or more, in steamboats on the Mississippi, with the thermometer among the eighties in the shade and over a hundred on the deck, with from one to three hundred passengers on board, many of whom were German emigrants, huddled up around the boilers of a Western steamer-boatmen, Dutchmen and negroes, men, women and children, pigs and puppies, hogs and horses, living in illustrated equality. These persons came aboard from a hot and dusty levee, crammed with decayed apples, rotting oranges, bad cysters, and worse whisky; and almost invariably the report of the first morning out would be Cholera among the deck passengers, and the next thing, Is there a physician on board? Sometimes I was the only one; at others there were several, and we would divide. Practice of this kind is always gratuitous, and is attended with much personal labor, discomfort and exposure. On the last occasion of this kind I treated

eighteen cases, all of whom were getting well, apparently, when landed along the river at their various homes, my destination being usually as far as the boat would go. There were only two deaths—one during the first night, before it was known that the cholera was aboard, the other occurred just as the boat was landing at the young man's home; how anxious he was to reach that home alive, no pen can ever portray. I did nothing for him. Before I knew he was sick, he was in the hands of a stranger who came aboard, and who had a remedy which was never known to fail. During the voyage, my patients slept around the steamboilers in midsummer, or on the outer guards, exposed to the rain which several times beat in upon them and their bedding; being every night just at the water's edge, and no protection against its dampness, nor against the sun in the heat of the day. And yet with these unfavorable attendants, not one of the eighteen died on board the "Belle Key," in her six days' journey. In all these cases the treatment was uniform: quiet, ice, and calomel pills, which last I was accustomed to carry with me. Some of them had been made five years, but lost none of their efficacy. Whether it was the ice, or the quiet, or the pills, or faithful nature which kept these persons from dying, I do not pretend to say; I merely state the doings and the result.

My own views as to the cure of Cholera, as far as I have seen, are, that when calomel fails to cure it, every thing else will fail, and that it will cure every curable case.

PREMONITORY SYMPTOMS OF CHOLERA.

The cure of this scourge depends upon the earliness with which the means are used. It can be said with less limitation than of all other diseases together, that Cholera more certainly kills, if let alone, and is certainly cured, if early attended to. What, then, is the earliest and almost universal symptom of approaching Cholera? I have never seen it named in print as such. During the two years above referred to, I could tell in my own office, without reading a paper, or seeing or speaking to a single person, the comparative prevalence of the disease from day to day, by the sensation which I will name, and I hope to the benefit of thousands, and perhaps not a single reader will fail to respond to the statement from his own ex-

perience. The bowels may be acting but once, or less than once, in twenty-four hours, the appetite may be good, and the sleep may be sound; but there is an unpleasant sensation in the belly-I do not, for the sake of delicacy, say "stomach," for it is a perversion of terms—it is not in the stomach, nor do I call it the abdomen. Many persons don't know what abdomen means. Thousands have such good health that they have no "realizing sense" of being the owners of such "apparati," or "usses," as the reader may fancy, and it is a great pleasure to me to write in such a manner that I know my reader will understand me perfectly, without having the head-ache. Who wants to hunt up dictionary words when the thermometer is a hundred at the coolest spot in his office? It is bad enough to have to write what you know, at such a Fahrenheitical elevation as I do now, but it is not endurable to be compelled to find the meaning of another by hunting over old lexicons, and, after all, running the risk of discovering that the word or phrase was, in its application, as innocent of sense as the noggin was of brains which used the expression.

:Speaking then of that sensation of uneasiness, without acute. pain, in the region named, it comes on more decidedly after an evacuation of the bowels. In health, this act is followed by a sense of relief or comfortableness, but when the cholera influence is in the atmosphere, even a regular passage is followed by something of this sort, but more and more decided after each action over one in twenty-four hours. The feeling is not all; there is a sense of tiredness or weariness which inclines you to take a seat; to sit down and maybe, to bend over a little, or to curl up, if on a bed. This sensation is coming cholera, and if heeded when first noticed, would save annually thousands. The patient should remain on the bed until he felt as if he wanted to get up, and as if it would be pleasurable to walk about. While observing this quiet and while swallowing lumps of ice, nothing should be eaten until there is a decided appetite, and what is eaten should be farina, or arrowroot, or tapioca, or corn-starch, or what is better than all, a much made of rice-flour, or if preferred, common rice parched as coffee, and then boiled, as rice is usually for the table, about twelve minutes, then strain the liquid from the rice; return the rice to the stew pan and let it steam about a quarter of an

hour, a short distance from the fire; it will then be done, the grains will be separate; it may then be eaten with a little butter, at intervals of five hours.

There can be no doubt that thousands upon thousands have died of cholera who might now be living had they done nothing but observed strict bodily quietness under the promptings of nature, the greatest and the best physician.

WHAT IS "A LOOSENESS?"

An indefinite description or direction in reference to health is worse than none at all. Physicians very generally, and very greatly err in this respect, and much of their "want of success" is attributable to this very omission. A patient is told he "mustn't allow himself to become costive," mustn't eat too much, must take light suppers, mustn't over exercise. These things do much mischief. The proper way to give a medical direction is to use the most common words in their ordinary sense, and in a manner not only to make them easily understood, but impossible to be misunderstood, and to take it for granted that the person prescribed for knows nothing. How many readers of mine have an easy and complete idea of the word "expectorate" in medicine, or regeneration in religion · and yet the terms expectoration and regeneration are used as glibly by preacher and physician as if their meaning were self-evident. Why shoot above people's heads and talk about justification and sanctification and glorification, and a great many other kinds of "ations," when the terms do not convey to one ear in a dozen any clear, well-defined, precise idea? And so emphatically with the words looseness and costiveness when applied to the bowels. They are relative terms, and a practical idea of what they are is only to be conveyed by telling what they are, and what they are not. One man will say he is very costive, that he has not had an action from the bowels in three or four days or more; but a failure of the bowels to act in 24 or 48 or 72 hours is not of itself costiveness, for the person may have had four or five passages in a single day; then nature requires time to make up, so as to average one a day. Costiveness applies to the hardness and dryness of the alvine evacuations, and not to relative frequency.

A more indefinite idea prevails in reference to the more

important (in cholera times at least) terms looseness, loose bowels, and the like. The expression must be measured by color and consistency of the discharges in reference to cholera. We have heard and read a great deal about rice water discharges. Reader of mine, physicians, nurses, and cooks excepted, lay this down a moment, and say if you ever saw rice water in your life. Then again how is the reader to know whether the cholera rice water is applied to rice water as to color, or consistence, or taste, or smell. The term "looseness" as applied to Asiatic cholera as a premonitory symptom, is simply this: if in cholera times a man passes from his bowels even but a single time, a dirty, lightish-colored fluid, of consistence and appearance, a few feet distant, of a mixture of half and half milk and water, that is a premonition of cholera begun, and he will be dead in perhaps twenty-four hours at farthest, and as the passages become less frequent and of a darker or greener or thicker nature, there is hope of life. It does not require two such passages to make a looseness; one such is a looseness, and a very dangerous one. Nor does it require a gallon in quantity; a single tablespoonful, if it weakens, is the alarm-bell of death in cholera times.

But do not suppose that if looseness of bowels is a premonitory symptom of cholera, costiveness, that is, an action of the bowels once in every two or three days, is a preventive, or an evidence that you are in no danger; for constipation is often the forerunner of looseness. Some of the most fatal cholera cases I have seen were characterized by constipation previous to the looseness—the patient having concluded that as there was nothing like looseness, but the very reverse, he was in no danger, and consequently had no need of carefulness in eating or drinking, or anything else. Unusual constipation, that is, if the bowels during the prevalence of cholera act less frequently than usual, or if they even act with the same frequency, but the discharges are very hard or bally, then a physician should be at once consulted. That is the time when safe and simple remedies will accomplish more than the most heroic means, a few days or even a few hours later.

THEORY OF CHOLERA.

It is in its nature common diarrhoa intensified, just as yellow fever is an intensification of common bilious fever—a concen-

trated form of it. But what causes this loose condition of the bowels, which is not indeed a premonitory symptom of cholera but which is cholera itself?

That which precedes the loose bowels of diarrhea and cholera is liver inaction; the liver is torpid, that is, it does not abstract the bile from the blood, or if it does, this bile instead of being discharged drop by drop from the gall bladder into the top or beginning of the intestines, where the food passes out of the stomach into the bowels proper, is retained and more or less reabsorbed and thrown into the general circulation, rendering it every hour thicker and thicker, and more and more impure and black, until at length it almost ceases to flow through the veins, just as water will very easily pass along a hose pipe or hollow tube, while mush or stirabout would do so with great difficulty; and not passing out of the veins, but still coming in, the veins are at length so much distended that the thinner portions ooze through the blood vessels. That which oozes through the bloodvessels on the inner side of the stomach and bowels, is but little more than water, and constitutes the rice water discharges, so much spoken of in this connection; that which oozes through the blood vessels on the surface constitutes the sweat which bedews the whole body shortly before death, and it is this clogging up of the thick black blood in the small veins which gives the dark blue appearance of the skin in the collapse stage.

What is the reason that the liver is torpid—does not work—does not withdraw the bile from the blood?

It is because the blood has become impure, and being thus when it enters the liver it fails to produce the natural stimulus, and thus does not wake it up to its healthful action, just as the habitual drinker of the best brandy fails to be put "in usual trim" by a "villainous article."

But how does the blood become impure? It becomes impure by there being absorbed into the circulation what some call malaria, and others call miasm. But by whatever name it may be called, this death-dealing substance is a gas arising from the combination of three substances, heat, moisture, and vegetation. Without these three things in combination there can be no "cholera atmosphere," there can be no epidemic cholera in these ages of the world. Vegetable matter decomposes at a

heat of between seventy and eighty degrees, and that amount of heat in combination with moisture and some vegetable substance must always precede epidemic cholera.

The decomposition in burial grounds, in potters' fields, or of animal matter in any stage or form, does not excite or cause cholera; if anything, it prevents it. I have no disposition to argue upon these points. I merely give them as my views, which, I think, time and just observation will steadily corroborate. There are many interesting questions which might be discussed in this connection, but the article is already longer than was designed. The reader may think that he could state some strong facts in contravention of those given, but I think it quite likely that on investigation these facts of his will be corroborants. For example: how is it that cholera has raged in latitudes where snow is on the ground five or ten feet deep? The people in such countries are generally poor; myriads of them live in snow houses, which are large spaces dug in the snow, with no outlet but one for the smoke, and in this house they live with their domestic animals, and all the family offal for months together, so that in the spring of the year there is a crust of many inches of made flooring, while the interior heat from their own bodies and from the fire for cooking purposes is often eighty or ninety degrees.

THE THEORY OF CURE.

I have said that a torpid liver is an immediate cause of cholera, that it does not work actively enough to separate the bile, the impure particles, from the blood. Whatever then wakes up the liver, removes this torpidity, or in plainer language, whatever stimulates the liver to greater activity, that is curative of cholera. Calomel is a medicine which acts upon, which stimulates the liver to action with a promptness and certainty infinitely beyond all the other remedies yet known to men, and the use of any other medicine as a substitute in any plain case of cholera, is in my opinion a trifling with human life; not that other remedies are not successful, but that this is more certain to act upon the liver than all others; and what sensible man wants to try a lesser certainty in so imminent a danger.

My whole view as to cholera and calomel is simply this, that

while cholera is arrested and cured by a variety of other agents, calomel will cure in all these and thousands of others where other remedies have no more effect than a thimbleful of ashes; that calomel will cure any case of cholera which any other remedy cures, and that it will cure millions of other cases which no other remedy can reach; that when calomel fails to cure all other things will inevitably fail.

HOW DO WE KNOW ALL THIS?

The natural color of healthy and properly secreted bile is yellowish, hence that is the color of an ordinarily healthful discharge from the bowels; but as the liver becomes torpid, the bile becomes greenish, and still farther on, black. If you give calomel under such circumstances, black, green, or yellow discharges result, according to the degree of torpidity. When the liver gives out no bile at all, the passages are watery and light colored. The action of a calomel pill in cholera is to arrest the discharges from the bowels, and this it does usually within two hours, and in five, eight, or ten, or twelve hours more it starts the bowels to act again, but the substance discharged is no longer colorless and thin, but darker and thicker and less debilitating, and the patient is safe in proportion as these passages are green or dark-colored. I have seen them sometimes like clots of tar.

PREVENTIVES OF CHOLERA.

There are none, there never can be, except so far as it may be done by quietude of body and mind, by personal cleanliness, by regular and temperate habits of life, and the use of plain accustomed nourishing food.

Anything taken medicinally as a preventive of cholera will inevitably, and under all circumstances, increase the liability to an attack.

WHY?

Nothing can prevent cholera in a cholera atmosphere, beyond the natural agents of nutrition, except in proportion to its stimulating properties. The liver takes its share of the general stimulus and works with more vigor. Where the system is under the effect of the stimulus, it is safer, but it is a first truth that the stimulant sooner or later expends its force, as a

drink of brandy, for example. That moment the system begins to fail, and falls as far below its natural condition as it was just before above it, and while in that condition is just as much more susceptible of cholera as it was less liable under the action of the stimulant, until by degrees it rises up to its natural equilibrium, its natural condition. You can, it is true, repeat the stimulus, but it must be done with the utmost regularity, and just at the time the effects of the previous one begins to subside. This it will at once be seen, requires a nicety of observation, and correctness of judgment which not one in a multitude can bestow, saying nothing of another nicety of judgment, that of gradually increasing the amount of the stimulant, so that the effect shall be kept up to the regular notch; for a given amount of one stimulant will inevitably fail, after a few repetitions, to produce the same amount of stimulation, and the moment that amount fails to be raised, that moment the person is more susceptible of cholera than if he had taken nothing at all.

He who takes any medicinal agent, internal or external, for the prevention of Cholera, commits an act of the most consummate folly; and I should consider myself an ignoramus or a knave were I to concoct a professed anti-cholera mixture.

THE SUMMING UP.

When Cholera is present in any community, each person should consider himself as attacked with Cholera,

1st. If the bowels act less frequently than usual.

2d. If the bowels act oftener than twice in twenty-four hours.

3d. If the discharge from the bowels is of a dirty white in color, and watery in its consistence.

4th. If he have any indefinable sensation about the belly, which not only unpleasantly reminds him that he has such an article, but also inclines him to sit down, and makes sitting down a much more pleasant operation than usual.

Some persons may think that this fourth item is putting "too fine a point" on the matter, and that it is being over careful; but I know that these very feelings do, in a vast majority of fatal cases of Cholera, precede the actual "looseness" so universally and so wrongfully regarded as the premonitory symp-

tom of cholera; "looseness," is not a premonitory symptom of Cho.era.

TOOSENESS IS CHOLERA BEGUN!!

Whenever Cholera is prevalent in any community, it is as much actual Cholera, under such circumstances, as the first little flame on the roof of a house constitutes "a house on fire."

When Cholera is present as an epidemic—as a "falling upon the people," which is the literal meaning of the word epidemic, in a liberal translation—a person may have one regular action every twenty-four hours; it may not be 'ard and dry, it may not be in lumps or balls, and it may be consistent enough to maintain its shape and form, and this s neither too costive nor too loose, and is just what it ought to be in health; but, at the same time, if a person in a cholera atmosphere has such a passage from the bowels, and it is followed not merely by an absence of that comfortableness and sense of relief with which all are familiar in health, but by a positive sensation, not agreeable, not painful, but unpleasant, inclining to stilness, and there is a feeling as if a slight stooping or bending forward of the body would be agreeable,—these are the premonitories of Asiatic Cholera; and it is wonderful that they have never, as far as I know, been published in book or newspaper for popular information. At such a stage no physician is needed, no physic is required, only quietude on the back, ice to be eaten if there is any thirst, and no food but toasted bread, and tea of some kind, green, black, sage, sassafras, or any other of the common herbs. Keep up attention to these things until you can walk without any uncomfortableness whatever, and even feel as if it were doing you good, and until you are not sensible of anything unpleasant about the belly.

If you get tired of tea and toast, or if it is not agreeable to you, use in their place boiled rice, or sago, or tapioca, or arrow-root, or corn starch, or mush made of rice flour. With all these articles a little boiled milk may be used, or they may be eaten with a little butter, or syrup of some kind, for a change.

If, under the four circumstances named on page 4, there is not an improvement in the symptoms within a very few hours, by the three things there named, to wit:

1st. Quietude on your back, on a bed.

2d. Eating ice, if thirsty.

3d. A diet of tea and toast, or boiled rice, or some of the starches:

Then do not trifle with a holy, human life by taking any medicine on your own responsibility, nor by the advice of any unprofessional man; but, by all means, send for a physician. But if you have violent vomiting, or have a single lightishcolored, watery passage, or even a thinnish passage every hour or two, and no physician can be had in several hours, do not wait for him, but swallow a ten-grain calomel pill, and repeat it every second hour until the symptoms abate or the physician arrives; or, if at the end of two hours after the first pill has been taken, the symptoms have become aggravated, take two calomel pills of ten grains each and then patiently wait. the passages stop, if the vomiting ceases, you are safe; and if, in addition to the cessation of vomiting, or looseness, or both, the passages become green or dark, and more consistent within eight, or ten, or twelve hours after the first pill, and, in addition, urination returns, you will get well without anything else in addition beyond judicious nursing.

The most certain indication of recovery from an attack of Asiatic Cholera is the return of free urmation; for during the attack it ceases altogether,—a most important fact, but not known, perhaps, to one person in ten thousand, and is worth

more than all other symptoms together.

CAUSES OF CHOLERA.

A very great deal has been uselessly written for public perusal about the causes of Cholera. One person will tell you that a glass of soda gave him cholera, or a mess of huckleberries, or cucumbers, or green corn, or cabbages, which is just about as true as the almost universal error, that a bad cold causes consumption. A bad cold never did nor ever can originate consumption, any more than the things above named originate cholera. A bad cold excites consumption in a person whose lungs are already tuberculated, not otherwise, certainly; and so green corn, or cucumbers, or cabbages, or any other food, whatever it may be, which is not well digested when it passes into the stomach, will excite cholera, when a person

is living in a cholera atmosphere, and the atmosphere is made "choleric" by its holding in suspension some emanation which is the product of vegetable decomposition.

LIMESTONE WATER.

Much has been written about this agent as a cause of Cholera. Those who know least are most positive. It may be true to some extent, and, under some circumstances, it may be an excitant of Cholera; but I cannot think it is "per se"—that it is remarkably or necessarily so. It is known that the whole South-west has suffered from Cholera, New Orleans especially; yet there is scarcely a decent dwelling there which has not a cistern attached to it, above ground, and wholly supplied by rain water; and this is the usual drink, and it is the same case with multitudes of the better class of dwellings in the Southern country.

As to escaping prevalent Cholera, the great general rules are: 1st. Make no violent changes in your mode of life, whether in eating, or drinking, or sleeping, or exercise.

2d. Endeavor to attain composure of mind, quietude of body, regularity of all bodily habits, temperance in the use of plain, substantial, nourishing food; and let your drinks be a moderate amount of tea, and coffee, and cold water. If accustomed to use wine or brandy, or any other beverage or alcoholic stimulant, make no change, for change is death. If any change at all, it should be a regular, steady, systematic increase. But as soon as the Cholera has disappeared, drink no more.

FRUITS, IN CHOLERA TIMES,

Are beneficial, if properly used. They should be ripe, raw, fresh, perfect,—should be eaten alone without cream or sugar, and without fluids of any kind for an hour after, and they should not be eaten later in the day than the usual dinner hour of two P. M.

In Cholera times, nothing should be taken after dinner, except a piece of cold bread and butter, and a cup of tea of some kind. This, indeed, ought to be the rule for all who wish to live long and healthfully.

The indefinite unpleasantness in the bowels, which I have so much insisted upon as the real premonitory symptom of

Asiatic Cholera begun, whether there be looseness or constipation, most probably precedes every acknowledged attack of Cholera, from hours up to days. There are no means for proving this, certainly; for the mass of people are too unobserving. But it most certainly is a safe rule in cholera times, to regard it as a premonitory, and to act accordingly.

Whatever I have said of Cholera in the preceding pages, I wish to be understood as applicable to what has come under my own observation during the general prevalence of Cholera

in a community.

In different States and countries there are circumstances which modify the disease, its symptoms, and everything connected with it, such as locality, variety of exciting causes, their different degrees of virulence or concentratedness, the different habits and modes of life. These things constitute the reason of the various modes of treatment, and the great error has been the publishing of a successful remedy in one locality, and relying upon it in another. But the treatment by quietude, ice, and calomel, is equally applicable on every spot of the earth's surface, wherever a case of Epidemic Cholera occurs, since the essential cause of Cholera is everywhere the same, to wit, the miasm of vegetable decomposition, the effects of that cause are the same, to wit, a failure on the part of the liver to work with sufficient vigor to withdraw the bile from the blood and pass it out of the system; and the mode of removing that effect is the same, to wit, the stimulation of the liver to increased action. And although, in milder forms, a variety of agencies may stimulate the liver to work, and thus restore health, yet inasmuch as calomel is infinitely more reliable than all other liver stimulants yet known, it is recommended as having precedence of all others, on the ground previously named, that when danger is imminent and a few hours makes the difference between life and death, it is unwise to trust to a less certain agent when the more certain one is equally at hand and is the easiest medicine known to be taken, as it has no appreciable taste, its bulk is exceedingly small, and by reason of its weight it sinks to the bottom of the stomach and cannot be rejected except in rare instances.

Some of my views are peculiar, perhaps. They were formed from observations made in 1832, '3 and '4, my first experiences

being on board a crowded steamboat which left Louisville, Kentucky, in October, 1832. In twenty-four hours the cholera broke out. It had just reached the west from Canada. No one knew anything about its nature, symptoms, or treatment, practically, and the panic was terrible. I had retired early A Virginia gentleman was lying on the floor suffering from a attack. At midnight I awoke and found the cabin deserted, not a living creature in it, nor on the boat either, as well as I now remember, and every berth but mine was entirely divested of its bedding. The man had died, and they were airing the boat, while a few were engaged in depositing him at the foot of a tree in a coarse wooden box, on the banks of the Ohio. The boat was bound for St. Louis, but few of her passengers to that port, or officers, lived to reach their destination. I was young then, had perfect health, and knew no fear. Ever since that terrible "trip," and the experiences of the following years, everything that I have seen or read on the subject of cholera has seemed to me to confirm the views advanced in the preceding pages, and I trust that general readers, as well as professional men, who may chance to see this article, will hereafter direct their attention to all facts bearing upon cholera, and notice how far such observed facts will bear them out in concluding, 1st, that epidemic Asiatic cholera cannot exist aside from moisture, heat, and vegetable matter; 2d, that quietude, ice, and calomel will cure where anything else will, and will succeed in multitudes of cases where all things else have sig nally failed.

CALOMEL PREJUDICES.

If, then, calomel is such an admirable agent in cholera, why is it not universally used? I might as well ask, if honesty is the best policy, why are not the majority of men honest from principle? It is because men are ignorant or misinformed. Many persons do not know the power of calomel in curing cholera, while others are afraid of it because it sometimes salivates. Suppose it does—better to run the risk of salivation than to die. And even if salivated, a man is not necessarily permanently injured by salivation. I have been badly salivated several times very many years ago, but I believe I have as good health as most men. I do not recollect to have lost

three meals from sickness in fifteen years past, except from sea sickness, and no doubt there are tens of thousands of persons who have been salivated can speak similarly. But the objection is perfectly childish when it is remembered that perhaps a thousand persons in succession may take calomel and not two in the thousand be salivated. I might say not two in ten thousand, and that in a vast majority of those who are not designedly salivated, this salivation is the result of injudicious administration; thus,

Salivation is caused by keeping the system too long under the influence of calomel, in two ways:

1st, By giving small doses at short intervals.

2d, By giving an amount so small that it fails to work itself off in ten or twelve hours.

3d, By giving a larger amount, but mixing opium in some form or other with it; for in all cases the more opium or other anodyne you give with a dose of calomel, the longer it will be in producing its legitimate action.

The best method of administering calomel is to give enough at one time to make it act of itself within twelve hours, and if it does not act within that time, take an injection of half a pint of tepid water, or of a tablespoonful of salts in a half pint of warm water every hour until the bowels do act. Any action of the bowels at all after six hours since taking the calomel may be set down as an action from calomel, and nothing need be done to "work it off."

If salivation is not designed, it is not best to give a dose of calomel oftener than once a week.

By observing the two rules just stated, I do not believe that any general practitioner will have one case of undesired salivation in ten years practice.

It is important for the reader to remember that there are sporadic cases, that is, scattering cases of cholera which may not be preceded by a constipation, or looseness of bowels, or uneasiness sufficiently decided to have attracted the observation of the patient; for in many cases the patient declares that he "felt" as well as he ever did in his life, or acquaintances remark that he "appeared" to be in perfect health, and yet to-day he is dead of cholera. Yet, I very much doubt if a case of cholera ever occurred without the premonitions above

named in a greater or less degree. Still, for all practical purposes, and to be on the safe side, let no one who has looseness to-day in cholera times, conclude that it cannot be cholera, because he "felt" so and so the day before, or because no premonitions were observed; rather let him conclude they were slight or unobserved, and act as he should do if he were perfectly assured that he had at that moment in his own person, undisputed epidemic Asiatic cholera. The truth is, it is as impossible for a man in perfect health to be stricken down in a moment with this dangerous disease, as it is for a man who has been honest from principle for a lifetime, to become in a day a forger or a swindler.

As far as my observation has extended, I believe that the most frequent of all exciting causes of cholera is going to bed too soon after a hearty meal, whether it be a late dinner or merely a supper of fruits and cream or milk, with sugar. I think that eating freely of fruits or berries, ripe, raw, and perfect, with any fluid after them, and then going to bed in an hour or two, will excite cholera in cholera times. I am inclined to think that huckleberries with cream or milk, except in very small quantity, make a dangerous dish in cholera times.

It may subserve a good purpose to remark that I have written on this subject not to support a theory, but to draw attention to the suggestions, and least of all to obtain a cholera practice. I never treated a cholera case except gratuitously. I do not visit persons out of my office, except in rare cases. I prescribe only for those who come to see me and who write to me, and my practice is closely confined to ailments of the throat and lungs, and has been for ten or fifteen years.

I will close the subject with answering an inquiry which no doubt has occurred to the reader as a conclusive refutation of all that I have said as to the fundamental cause of cholera, to wit:

If cholera is the result of heat, moisture, and vegetable matter in combination, why has it not prevailed from time immemorial? Because the climates of the world, and of the various countries of the earth, the constitutions, and habits of life, and modes of living are constantly changing; hence new diseases are making their appearance from time to time, while others have vanished from the world. And when a single ele-

ment of many is changed, an entire new combination may be the result. But whatever may be that new or changed element, it can no more, as far as our present knowledge extends, excite epidemic cholera without the aid of vegetable decomposition, than powder can be ignited without the aid of fire.

CONCLUDING OBSERVATIONS.

While Cholera prevails, no marked change should be made as to the general habits of a regular temperate life—as long as the person feels entirely well—but the moment the great premonitory symptom is observed even in a slight degree, to wit, an indefinable uncomfortableness in the belly, inclining to rest, then an instantaneous change should be made from physical activity to bodily rest—from mental activity to mental relaxation—from the habitual use of wines, or malt, or other alcoholic drinks to total abstinence—from everything of the kind; using ice or ice-water as a substitute, or cold spring water, a few swallows only in any twenty minutes; but if ice is to be had, and there is thirst, it may be eaten continuously from morning until night.

Whatever may have been the diet before, it should be changed at once to tea and toast, or cold bread and butter, with plain meat, salted or fresh, whichever is relished most—1 mean that these changes should be made on the first appearance of belly-uncomfortableness, and if in six or eight hours you are not decidedly better, send for a physician. If you are better, continue your own treatment until the feeling in the belly has entirely disappeared and you have a desire to walk about, and experience a decided relief in doing so.

If you have over two (or three at most) passages within twenty-four hours, do not make an experiment on your life by taking even a calomel pill, simple as it is, unless it be wholly impracticable to obtain a physician within three or four hours.

DIET IN CHOLERA TIMES.

If you have no special liking for one thing more than another, and have not even the premonitory symptom, to wit, the *belly-uneasiness*, then the following diet will render you more secure:

BREAKFAST.—A single cup of weak coffee or tea, with toasted bread, or cold bread and butter, and a small piece of salt meat, ham, beef, fish, or the like, and nothing else. DINNER—Cold bread, roasted or broiled fresh meat of some kind, potatoes, rice, hominy, samp, or thickened gruel. For Desser—Rice, or bread pudding, or sago, arrow root, tapioca, farina, corn starch, prepared in the usual manner, and nothing else fluid or solid. Tea, or Supper—A single cup of weak tea of some kind, or coffee, with cold bread and butter—nothing else.

Eat nothing between meals; go to bed at a regular early hour, not later than ten o'clock; attend to your business with great moderation, avoiding hurry, bustle, worriment of mind; wear thin woollen flannel next the body during the day, air it well at night, sleeping in a common cotton night garment; remain in bed of mornings, after you have waked up, until you feel rested in all your limbs; but do not by any means take a second nap. Do not sleep a moment in the day time, and let all your enjoyments and recreations be in great moderation.

Fruits have not been named, because it is so difficult to get them fresh, ripe, perfect—many looking so, are wormy. Except potatoes, no vegetables are named, because they more readily sour on the stomach, require more power of digestion, while they do not afford as much nutriment and strength to the body in proportion

The preceding article on Cholera was first published in the JOURNAL for August, 1854, soon after which, letters came from different and distant parts of the country, expressing the belief of the writers that its suggestions were instrumental in saving their lives; it seemed to commend itself to the common-sense of almost every reader, and hence was copied by the press more extensively than was any article we had ever written on any subject. Some papers copied it entire. The Scalpel, whose talented editor is not over-given to the praise of any body or any thing, said in his August number, page 519, that it was "a most excellent article on Cholera; but we don't understand the calomel; all the rest is admirable." Our views were simply these: that no medicine should be taken in any case, unless it was impracticable to obtain a physician; in that event, rather than do nothing and die, it was the simplest, safest, easiest, and best plan to swallow ten grains of calomel, made into a pill with any kind of gum-water or mucilage, for the several reasons:

1. It could be almost always found close at hand;

2. It would stay on the stomach when nothing else would; and,

3. It would sooner, more certainly, and with greater safety arrest the looseness (and thus keep the disease at bay until a physician could be had) than any other known remedy, and would be more likely to cure the disease without any thing else being done beyond quiet, ice, and a woolen flannel compress around the abdomen. The Scalpel mistook us to mean that a person should wholly rely on the calomel, while we wished it to be regarded simply as the safest, surest, and most accessible arrester of the progress of cholera until a physician could be had. In most cases under our own observation, in Southern and Western practice, no other medicine was needed: but the watchful care of a good physician was imperative, every two hours, until the patient was out of danger. Dr. Reese, of the New-York Medical Gazette, said of the same article: "It is timely, and, in the main, judicious. Dr. Hall brings to the subject professional and practical knowledge, and writes with much ability. We recommend this number as one which will amply repay perusal, there being so much of truth and good sense on the subject. In very many cases, there could be no better practice; but other and more potent means are often re-

quired. Dr. Hall's mode of treatment is greatly to be preferred to any other we have seen in the newspapers, where we have observed numerous 'cures,' so called, which, if used, will be disastrous and fatal." As Dixon and Reese were among the very best medical scholars and writers of the time, it may be rationally concluded that the article was truthful, practical, and safe; and as no new facts as to the nature, symptoms, and treatment of cholera have been established in the last twelve years, and as the disease in 1865 has presented no new phases, it may perhaps be safe to infer that what we wrote in 1854 would, a dozen years later, be applicable to the disease, should it reappear during the coming spring and summer. If it is a very cold summer, it can not appear; if it be a very hot and dry summer, it will not appear in the North, but will ravage the whole South; if it be an alternation of rains and hot suns, it will devastate the whole country, sweeping off its hundreds of thousands where filth, feebleness, and fear prevail, leaving intact those who, having good health and brave hearts, live temperately and regularly. This is our theory; we will not stop to explain or defend.

During 1865, the cholera, in its march westward toward our shores, has exhibited an unusually malignant type. Two thousand died daily in Constantinople, and this may be the measure of its malignity with us; and it certainly behooves all to look at it understandingly and with a high moral courage. This, with regularity, temperance, and cheerfulness, will be a shield against its ravages everywhere, not only as to individuals, but as to whole communities; but it must be a cleanliness in person and in habitation, so as to secure the breathing of a pure

atmosphere day and night.

But as there are some who will not be willing to take calomel in case of an attack, and as it may not be obtainable, it is well to know of some other means less objectionable to the prejudice, or one which has been used and tried by intelligent persons in thousands of instances, and always with reported success when its use has been commenced when an unusual looseness of the bowels first manifested itself. It was the favorite remedy of the missionaries during the recent ravages of the disease in Asia, and as it seemed to be adapted to the type of the disease on its present march, we may infer that it will be

as available in this country as it has been in the East. But even this remedy should not be used if a physician can be had, and neither this nor any other remedy should be employed ten

minutes longer than the securement of a physician.

The reason for this injunction, which is intended to be spe cial and personal to each reader, is, that we can not calculate certainly that the disease will put on precisely the same phase in any two localities, or during any two consecutive months or even weeks; and as the physicians are in the midst of it all the time, and are necessarily close observers, their own experience will quickly detect differences, and their skill and judgment will make an application adapted to the ever-varying circumstances. It is therefore advised that every family have prepared for themselves, by their own family physician, or by the druggist or apothecary with whom they are best acquainted, four ounces, that is, eight table-spoons, of the following: Equal parts of Laudanum, Spirits of Camphor, and Tincture of Rhubarb. A grown person should take from thirty to sixty drops as soon as the diarrhea begins, and repeat the dose at each succeeding action of the bowels until they cease to move. Sixty drops make a tea-spoonful, so that to save time in counting the drops, measure it by a tea-spoon, as ten or fifteen drops, more or less, is not of much consequence. It would be a good precaution, and be safer, as it saves time, to increase each succeeding dose by ten drops until the discharges cease, and then take the mixture at intervals of four hours, after the passages have ceased, diminishing each dose by twenty drops. If the stomach will not retain it, put a mustard plaster about ten inches square over the region of the stomach, and keep repeating the dose until it is retained. This mustard plaster should be made by mixing good kitchen mustard with strong vinegar, making it of a pasty consistence, so that it can be taken up and spread with a knife. Let the plaster remain as long as it can be well borne; but in order to prevent its taking off the skin and making an ugly or troublesome sore, let a very thin piece of muslin or paper wetted interpose between the mustard and the skin.

If the disease has been allowed to run on so long that the above remedy does not have a decided effect within two or three hours, and if a physician can not be had, take from half to a whole tea-spoon of a mixture of equal parts of Tincture of Opium, Tincture of Capsicum, Tincture of Cardamom Seed, and Tincture of Gingerberry. If still no physician can be had, and the person has passed into the cold stage, or stage of collapse, when the skin is cold and blue and bedewed with a clammy sweat, then do what the missionaries testify has saved many:

1. Let two or three persons dip flannels in hot rum and rub the limbs.

2. Apply bottles of hot water to the armpits and feet.

3. Give half a table-spoon of brandy every fifteen minutes, and continue all this as long as there is any hope of life.

Let it be understood that we have no experience of the value of these remedies in the different stages of cholera in this country; but as the missionaries report it very successful in Turkey during the ravages of 1865, it is advised here, in all cases where

physicians or experienced nurses can not be had.

We here close this article with a piece of advice not hitherto published, but which will save many a life if the cholera does appear next summer: "If the bowels have been accustomed to act soon after breakfast, and you are called to the privy before breakfast, or you wake up very thirsty, not being a liquor-drinker, you will have the cholera before night unless you adopt the following precautions:

1. Send for a physician.

2. Remain warm in bed.

3. Bandage the abdomen tightly with stout woolen flannel, at least a foot broad.

4. Eat nothing, unless hungry, but boiled rice with boiled milk.

5. Drink nothing; but if thirsty, chew and swallow bits of

ice abundantly.

6. Remain in bed with a calm and fearless mind, (for you can't die under the circumstances,) until you feel as if it would do you good to get up and take a walk; and if the walking gives no feeling of weariness or desire to sit down, you are a well man.

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The above books are sold at the prices annexed, ordered by mail, send 10 cts. for postage. Address simply, "Dr. W. W. Hall, New-York." Hall's Journal of Health, \$1.50 a year bound vols. \$1.50 each;

NOTICES.

To Southern Subscribers in the good old times of light taxes, cheap living and universal and uninterrupted prosperity we give notice, that mail facilities ceased just after the July number of 1861 was distributed; we kept the subsequent numbers from August to December, both included, bound in one cover; they will be sent to each subscriber who will send us their present address.

The contents of the Journal of Health from January 1866 to July inclusive are:

What is Cholera? Its very first Symptoms. What to do. Signs of Recovery. Danger of Stimulants. Danger of Self medications. Homeopathic Treatment. Farmer's Houses. Where to Build. Miasma and its Laws. Cellars in Dwellings. Smoky Chimneys. Water conveniences. Water Closets. Ice Houses. Stables. Kitchens. Chambers. Shade Trees. Barrs. Water Pipes. Crazy Farmers, Why. Wives Overworked. Daughters ill Health.

Surprise Parties. Shams. Potatoes as Food. To stop Coughing. Foul Odors. Preaching Easily. Domestic Cleanliness. Ventilation. Laws of Cholera. Quarantine. Cholera Prevented. Fear of Cholera. Emergencies. Extemporaneous Surgery. Curiosities of Breathing. Symptoms. Cellars. Filth and Purity. Weights and Measures. Medical Terms. Biliousness. Trichiniasa. Night Work. Night and Disease.

All new subscribers must begin with the January number. The January and February numbers are taken up with the subject of the Cholera, and will be sent post paid for 30 cents; the object of the article is to teach the reader to know what are always the first far off symptoms of Cholera; when he will be in reality cured, without any medicine whatever if these symptoms are first attended to; what are the more advanced symptoms; and what is considered the most infallible remedy at this state, applicable to all cases, as a means of arresting the disease until a physician can be called; the folly of taking anything as a preventive of Cholera; the reason why a so-called preventive will certainly increase the chances of an attack; the certain sign of commencing recovery; the absolute importance of securing the services of a physician in all cases, where attention was not given to the first symptoms; how easy it is to know these first symptoms; the importance of remembering that, as the Cholera, if it comes this year, may assume a different phase, from that of former times, it is not safe to rely on any old remedy, nor to rely on any one's advice but that of a

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INO. II.

OBSERVATIONS ON CHOLERA.

In the last number, I have insisted mainly on

1st. An uncomfortableness about the belly as the very earliest premonition of approaching Cholera, in cholera times.

2d. That at this stage, an almost infallible and immediate cure is effected by prompt and perfect quietude on the back, on a bed, satisfying the thirst, if any, by swallowing pellets of

ice, and eating, only if decidedly hungry, farinaceous food, tea and toast, or thickened gruel; and that this course should be continued until the feeling in the abdomen has entirely disap-

peared, and until there is a desire to walk about, and a sensa-

tion of pleasure or relief in doing so.

3d. That if in cholera times, there has been no passage from the bowels in two or three days, or if there be three passages from the bowels in any twenty-four hours, or a single passage of a watery and light-colored substance, or an unaccountable feeling of weakness, amounting almost to prostration, without any noticed looseness, or constipation, or nausea, or abdominal uncomfortableness, in either of these four conditions, most especially the last, a resident physician, in whom high confidence is reposed, should be at once consulted.

4th. That if the symptoms are urgent, such as two or three lightish-colored, painless, watery passages, in the course of five or six hours, or vomiting or cramps, and a physician cannot be had in the course of three or four hours, then, in addition to the quietude on the back, a flannel bandage firmly fastened around the abdomen, and eating ice, if there is thirst, as a precaution, and to be on the safe side, and to save time which may be infinitely valuable to the patient, a calomel pill of ten grains should at once be swallowed; and if the vomiting or

purging do not cease within two hours, and a physician does not arrive, then swallow two of the calomel pills.

If the patient is afraid of being salivated, then let him take twice as much super carbonate of Soda as he has taken calomel, in pills, or dissolved in a tablespoon or two of cold or warm water. It is not necessary that the calomel should be in the form of a pill; if there is no vomiting or decided nausea, the next best method of taking it is to put it on the end of a spoonhandle or case-knife, put it in the mouth, and, suddenly turning it over, spread or plaster the calomel on the back part of the tongue, and wash it down with ice-water. Then chew afterwards any tough substance, such as a piece of dried beef, or tough bread crust, so as to clean the teeth and mouth from any particles of calomel which may have obtained a lodgment -and, even after that, rinse the mouth out well, otherwise the teeth may be injured. The prejudices against calomel have arisen from its indiscriminate and careless use. In precisely the same manner have prejudices quite as strong arisen against the use of tea and coffee, and roast beef, and fruits, until our whole dietetic table is reduced to grapes and cold water.

Intelligent men have written against the use of calomel in tholera; but in every case I have lately seen reported, as proof of the inefficacy of calomel, one of two things invariably attended that case—either other things were done or given with the calomel, such as opium, or salts, or ipecac, or jalap, or rhubarb,—or the patient died in spite of all subsequent treatment, bringing us back to the admitted point, that where calomel fails all other things will fail. All that I have said in reference to the good effects of calomel in cholera, is to be considered as applicable to cases where nothing else has been given but pure calomel—where nothing else has been done but lying on the back on a bed, and eating ice, if thirsty. When calomel does not arrest the watery passages, it is because enough is not given; or it is a fatal case. Since writing the Cholera article, an intelligent gentleman connected with one of our oldest and most respectable publishing houses in Broadway, has informed me that a medical gentleman in the eastern part of the city made a large amount of money at five dollars a case, and that, from his success, his whole time was fully occupied. His main treatment is from twenty to forty grains

of calomel at the first dose, and bathing the feet in hot water saturated with the salt of a fish barrel.

I have said nothing about the subsequent or convalescing treatment of cholera, diet, &c., as it is a disease so critically dangerous that it is madness not to secure the services of a regular practising physician, even when the treatment advised has been followed with the happiest results.

I wish it to be distinctly understood, that in the calomel treatment, everything else taken or done beside the ice and quiet, is a positive injury, unless under the direction of a physician; for any prescription however familiar—and these are the things which we denominate "simple, and can do no harm, even if they do no good"—even a mustard plaster over the stomach or abdomen may excite an irritation in the system difficult to control; and sometimes, as I have seen, it produces unutterable torture: a patient once begged with dying earnestness to have it removed, if it were "but for five minutes."

Another "simple" is paregoric, a household medicine, the common destroyer of the health and lives of young children in the hands of ignorant mothers and lazy, unprincipled nurses. Ten, twenty, fifty drops of paregoric have been so often given under various circumstances, that it, too, is so familiar as to have become one of the simples, and it does faithfully act towards arresting the passages, and life too, by convulsions, apoplexies or fatal congestions. A grain of opium, twenty drops of laudanum, or a teaspoon of paregoric,—either one is capable of causing convulsions immediately, when they act so as to arrest the looseness, suddenly.

It is the use of opiates in loose bowels which explains the fact that among the eleven hundred and thirty-nine deaths in New York city, for the last reported week in July of 1854, five hundred and thirty-three were from bowel affections, and one hundred and seventy-nine, besides, from congestions of various kinds,—opiates acting uniformly in one of two ways, soothing the disease for the moment, to break out with greater aggravation in a short time; or, on the other hand, to act in a more summary manner, causing congestions and more sudden death.

The startling fact forces itself on our attention, that now, in August, 1854, every other death in New York was from disorder

of the bowels, bringing us back to the point, that the very slightest bowel affection in cholera times, demands instantaneous attention. One week later: total deaths, 1148; congestions, 133; disease of the bowels, 645—more than one-half.

In the week ending July 22d, there were nine hundred and fifteen deaths, four hundred and twelve of which were from diseases of the bowels, and ninety-seven more of convulsions and congestions. One of our most estimable citizens recently died with a short sickness, reported of cholera, but his three attending physicians certified through the papers that "he died of congestive fever." If this distinguished gentleman had loose bowels at first, as the papers stated, and took anodynes in any form to arrest the looseness, then it was death from cholera, badly treated; and the statement that he died of "congestive fever" is not full, and misleads. Let my readers remember whenever they see a death recorded from convulsions, apoplexy, or congestion in any form, in cholera times, that such a death, in nine cases out of ten, has followed some anodyne or high stimulant taken into the stomach. I have no objection to the use of an injection of two or three teaspoonfuls of laudanum in as many tablespoons of water, or introducing into the rectum a plug of opium half the size of a common hazlenut or filbert, to quiet the straining or constant desire to stool, or to compose the bowels, at the time the calomel pills are taken, or any time before the physician arrives; it saves time, gives repose, and has none of the ill effects of such things introduced into the stomach.

It is a great mistake that calomel is slow to operate, and that mistake consists in not knowing what its first operation is, which is to arrest the action of the bowels within two hours, and if enough is given it will do so, in any curable case, with the certainty almost of a specific. Some physicians hesitate, because they fear it will excite irritation—that is, aggravate the condition of things already present; they thus think, because they have seen calomel given and the symptoms soon after become worse. So have I:—first, because it is the nature of Cholera to get worse constantly—get worse every hour; and second, because so little was given, that it was simply powerless—all the injury it, could effect was negative. While writing this, the former health officer of the port of New York

during the first cholera, stated that they tried every thing, and his conclusions were, that "calomel cured as often as anything else, and if any thing was to be done it was by calomel."

While the more immediate effect of calomel in cholera, is to arrest the looseness more or less within two hours, then its stimulating energies begin, and at the end of six, eight, or ten hours, colored, consistent dejections appear, and then, simply with good nursing, the patient is safe, with ordinary attention.

As it is malaria, from the combination of heat, moisture and vegetable matter uniting with some unusual constituent of the atmosphere, which generates cholera; and, as this malaria is heaviest nearest the earth, persons are safer from cholera who live, or at least sleep in the upper stories of houses, as explained in my publication on Bronchitis and Kindred Diseases, tenth edition, page 317, strongly corroborated by the fact recently published, that in London, in 1848-9, epidemic cholera was fatal in the inverse proportion to the elevation of the houses above the general level-that is, from houses erected on a piece of ground forty feet higher than the general level, sixteen died of cholera out of every hundred thousand; from forty to sixty feet, eleven in every hundred thousand; from sixty to eighty, four in every hundred thousand; from eighty to one hundred, only three deaths in a hundred thousand; while in houses not over twenty feet above the general elevation, thirty-one persons died of cholera in every hundred thousand; and, without giving a special reason for it here, I only remark that temperate persons may have almost an entire immunity from cholera during an epidemic, by sleeping thirty feet or more above the ground, by eating breakfast before going out of doors in the morning; and, thirdly, by having a good fire kindled at sundown, and not going out of doors afterwards, as explained at page above quoted.

Although the whole Jan'y number was taken up with the subject of Cholera, and a great part of this number, yet I feel it important to say something towards counteracting a general and most dangerous error, disseminated and constantly repeated by newspaper editors,—very particularly so by some of the New York Daily press, and that, too, in face of the fact, that some of these papers have medical editors in their department. This fatal error is, that Cholera is a very mysterious disease,

and, in the main, falls upon its victim with the suddenness and fatality of a thunderbolt. The inevitable and practical result is, that a species of terror attends an attack of Cholera, in a vast number of instances, having a more injurious effect than the disease itself. A case in hand is given in the Buffalo Republic of the 27th July:

"A strong, healthy laboring man was seized with Cholera. The moment he became aware that the disease was upon him, he grew excited, calling for all the medical aid that could be got around him. They came, administered remedies, and consulted together, and were earnest in their endeavors to do every thing in their power to save him. The man was still frantic with fear, and called upon them individually to save him. 'Save my life,' said he, 'and I will give you one thousand dollars.' His physicians tried to calm his feelings and subdue his fears, assuring him that it was absolutely necessary that he should be calm and tranquil in order to give effect to the medicine and check the disease. Fear, however, had taken such firm hold of him that he could not refrain from continued cries for help until prostrated and unable to speak, when death put an end to his sufferings and fears."

Let it be remembered by all, that there is no positive evidence that any man ever dies within twenty-four hours after the first onset of the disease. I make the statement with great deliberation, and certainly not without many searching inquiries and close observations. I have never yet, in a single instance, failed to find, that even days before, something was amiss, but so slight as not to fix attention, and almost to be unremembered in a dozen hours afterwards. I earnestly trust that educated physicians—men of age and character in the community-will make observations in this direction, and come out openly, under their own proper signatures, and let the people know something tangible, something practical on this death-dealing subject. How is it that in twenty years medical men have not arrived at some few general principles, practical in their nature—some few principles so intuitively truthful as to command the unanimous assent of the commonest observers. Such principles do exist, and they ought to be searched out and published by authority. For example, in the first stages of cholera in actual existence, there is a wanting to rest; nature,

reason, common sense, instinct—all teach that rest of the most perfect kind should be observed; and yet what physician does not know how fruitlessly men fight against this inclination and perish in the contest. All classes or sects of physicians claim the successful treatment of cholera, and no doubt all are more or less successful—those who bleed and those who do not; those who give calomel and those who deprecate its employment as useless, if not fatal; those who give nothing but internal remedies; those who do nothing but make external applications; those who starve and those who feed; those who drown with water and those who deny a drop. It seems to me quite apparent that the reason all modes of treatment are more or less effectual, does not lie in the fact that cholera is not a dangerous or a critical disease, but that there must be some general principles of treatment which run through all the modes practised. If these general principles could be culled out, and, in addition, some really first symptom of cholera were fixed on, far earlier than the painless looseness, then not a creature need die where millions now do!

Reader of mine, in the shades of the forties, you have found more than once or twice, that in times of real difficulty, if you could not help yourself, you had to go unhelped. This is as it should be—it makes men self-reliant; he who is always helped remains a baby always, and his name and memory rot in "ninety days after"—his body. This being so, let us help ourselves, in the present dearth of help amid such myriads of doctors and certain infallible cures for cholera, and endeavor to find some two or three or more things which all "pathies" attend to in the treatment of the fearful scourge.

1st. It is becoming a matter of universal assent, that in cholera times, a painless, weakening, inodorous, watery, light-colored looseness of the bowels is actual cholera. Few die who instantly call in competent medical aid.

2d. All admit the imperative, the absolute necessity of perfect quietude from the instant the first symptom is noticed.

3d. So few deny, over their own proper names, that swallowing ice is beneficial, or, if not attainable, ice-cold water, in one or two swallows only at a time, repeated every few minutes when there is thirst, we may safely take this as a third general principle. 4th. No one denies that the looseness should be arrested without delay.

5th. That it is madness not to secure the services of a regular practising physician at the earliest moment.

6th. If at all possible, make a positive arrangement that the medical attendant shall see you once an hour, until the crisis is past.

Now, if instead of the first general principle above named, mine is substituted—that, in cholera times, the first symptom of the onset of cholera is simply a weakening uncomfortableness about the belly—then cholera will become one of the least fatal of all known diseases.

If newspaper editors were to cause these items to be universally known and believed—as the press only can do—then would I be willing that every cholera prescription ever published, except in standard medical works, should be blotted from the memory of man; and certain I am that human life thereby would be an infinite gainer.

I have now occupied some thirty pages of my Journal in giving my views on Cholera; but no subscriber will think I have given too much importance to the subject, should he be attacked himself, or have a dear child just on the verge of collapse, as the Editor had, while penning the August article on the subject, waiting until the last safe moment, in his unwillingness to give medicine, yet having an unfaltering confidence in the value of pure calomel, judiciously given, and well watched.

To sum up, then, all I have said, in a few words,

If you have, in cholera times, any reason to believe that it is attacking you, the first prescription is—and it is of immea surable importance—send for your physician; or, rather, if you happen to be from home, at your office or counting-house, get a carriage, and call on him on your way home.

2d. As soon as you enter your house, do not wait to undress, but lie down on the first bed you come to, undressing at your leisure, and let nothing pass your mouth but ice, or, if not attainable, cold water,—one or two swallows at a time, and not oftener than as many minutes apart; but if you have ice, you can eat it as voraciously as you desire,—but take neither ice nor water unless you are thirsty.

3d. This third item is conditional. If the symptoms are urgent, or you find yourself becoming nervous, and a physician cannot possibly be had within two hours,—then swallow ten or twenty grains of calomel, in pill, if there is sickness at stomach; if not, it will do you more good to take it on the end of a spoon-handle or case-knife, and plaster it over the back part of the tongue, washing it down with cold or iced water, taking at the same time, if so disposed, at least as much super-carbonate of Soda, as an apparent preventive, in some instances, of salivation, and wait until your physician comes.

It requires a philosopher to march up to the cannon's mouth while the match is just descending on the touch-hole, in spite of the gunner's assurance that he will not fire it off; and not less a quantum of firmness does it require to resist the incessant importunities of those we love, to be doing something; if you have any disposition to gratify them, without injuring yourself, and yet do some additional good, introduce into the rectum a long piece of opium, which, in the shape of a ball, was half as large as a common-sized filbert, or, as called by others, hazlenut.

"Do let me alone," is the very frequent petition of a cholera patient, unless he is a stranger and has no money; in that case, there is no kind of necessity for a repetition of the prayer.

Since the first four pages of this February article on Cholera were put in type, I have purchased the August number of the New York Medical Gazette, the regular exchange not having come to hand; and having read it since its first publication, I did not wish to be without it—and such, I hope, will be the feeling of the subscribers to the Journal of Health for years to come—for somehow or other, any man who takes and pays regularly for a periodical, gets to like it and the editor too; or, at the very least, to feel out of sorts if he does not get it at the appointed time. The Gazette says of our August No., as an offset to its commendation, that it regards,

1st, The definition of Cholera as defective.

2d, The theory radically inadequate.

3d, The treatment imperfect.

This criticism is correct in the main; for as to the definition, designing it for popular use, we wanted to present one main, easily understood, and easily remembered idea. I did pre-

cisely as I have a thousand times wished our ministers would do, that is, to give in each sermon one clear and grand idea, impressed in such a manner, that on his way home, the hearer is not inclined to talk or think of anything else. Time nor the daily battle with the world will ever burn that idea out. clergymen would do this, they would not run out of ideas in every five or six years, and resign on account of ill health. I name this as an incidental preventive of Cholera; for it is enough to cause more than cholera to be in the chase of new ideas in mid-summer, for weeks at a time, and yet not a single one be caught—not in a whole year. Whose health wouldn't give out under such circumstances? The one-idea sermon has two great advantages—it would be necessarily short, and being to the point, too, there would not be a sleepy or "forgetful hearer of the word" in all the congregation. So in my definition of Cholera, I wanted the unprofessional reader to see, and feel, and remember the one main, practical idea, that Cholera was excessive motion of the bowels, and that its cure, except in advanced stages, was perfect quietude.

2d. "Theory inadequate." I often think myself that theory is a fool, and theorizers foolees. But whatever may be the respective merits of my theory, and that of the Gazette, both lead to the same practice; for in answer to the question, "What shall we do in Cholera?" proposed by many city friends, subscribers, and former pupils, the Gazette advises four things: 1st, a physician; 2d, laudanum; 3d, ice; 4th, "all previous treatment being palliative," calomel in quantity proportioned to the violence of the attack, taken by being plastered on the tongue and washed down with ice-water. Now, if the Editor of the Medical Gazette had not have been old enough to be our greaty-great-grandfather, and forgotten, perhaps, more than we ever knew about general medicine, we might have concluded that the advice he gave in his August number, issued August 1st, was taken from the August number of the Journal mailed to exchanges, 20th July.

3d. "Treatment imperfect." And so it was purposely designed. I wished the patient to know no more than what it was necessary to do while his physician was coming; and although, as the Gazette admits, "in very many cases there could be no better practice," and nothing more would be

needed, there are some cases which require more energetic means than ten or fifteen grains of calomel. My object was not to cause the patient to feel that he was fully armed at all points; for then he would not send for a physi cian at all; and one of the main objects of the article would have been wholly frustrated, that is, the early call of the family physician, which the editor himself insists upon, is the very first and most important thing to be done in every instance. I think one of the best points in the Jan'y number is the scantiness of the advice in reference to the actual medical treatment. It is not my intention that this Journal shall ever contain an article that, by any torture, can be made to take the administration of medicine out of the hands of the regularly educated and honorable allopathic practitioner, except in cases where the delay of an hour or two would be death. I do not say that I will even do this, except in very rare cases, which, indeed, I might do in justice to those of my subscribers who reside in the country, and may not be, as many are, within ten miles of a physician.

I should have been glad, and the public would have been instructed, if the Editor of the New York Medical Gazette had given his opinion as to the truth of the main idea of my Cholera article, to wit: that, in cholera times, any "weakening, abdominal uncomfortableness" should be regarded as the forerunner of actual cholera, and that, at that point, quietude is a prompt, perfect, and permanent cure. Dr. Rees is a veteran in the Medical Profession, an author of celebrity, and of large and long opportunities of observation,-and these, combined with a classical education, entitle his opinions (as they really receive) to the respectful consideration of educated practitioners, and he, and Dr. Mott, and Horace Green, and Mussy, and Warren, and Jackson of Philadelphia, are the very men who ought to have come forward long ago and popularized the nature, first symptoms, and the un-medical treatment, while waiting for the physician's arrival. The public has honored and enriched these men, and had a right to look to them when the scourge came; but, as far as I know, they have kept in the shade, while younger men have been afraid; and thus, without a light or a guide, the people have died grasping at straws, which anonymous scribblers and ignorant or unprincipled

vendors of cholera preventives and cholera specifics have thrown in their way.

Another last word as to the value of calomel, alone, in cholera. Taking allopathic practice as our guide, may we not cull out a seventh first principle in the management of Cholera, as Very few, indeed, of regular practitioners ever attempt the treatment of a single case of cholera without the use of calomel, or of mercury in some other form; some combine opium, others use calomel alone-both are unquestionably successful. Cannot the unprejudiced general reader see, then, that after all, calomel is the efficient agent, -and, inasmuch as opium undeniably produces fatal effects, sometimes in the form of convulsions, congestions and water on the brain, while by detaining the calomel in the system too long, it causes salivation, mercurial fever, loosening the teeth, eating away the gums, and sometimes large holes in the cheeks of children, which nothing but death can arrest,-I ask the simple question, is it not imprudent, to say the least of it, to advise any one not a physician to take opium in any form, or opium in combination with calomel, for cholera, or anything else, unless the physician is by to superintend its administration? What I glory/in, as a medical practitioner, is to be on the safe side my motto, from earliest practice, has been, rather let a patient die without medicine, than with too much.

I know of no paper published on the subject of Cholera, which has been so largely and so generally copied from, as that of our Jan'y Number. Physicians from different parts of the country have applied for it. The secular newspapers have, as far as I have seen, given it a unanimous and friendly commendation; while the Medical press has also regarded it with favor, one of them declaring, that as a general rule, "there could be no better practice," and that "it is greatly to be preferred to any newspaper article" that has come under its To my medical brethren I desire to say, that they will be disappointed in it. It was not designed to instruct them, but to present to the people for practical observance, some general, main principles, intuitively seen, readily understood, and easy to be remembered. Medical men entertain different views as to the theory of the disease,—but that is pretty much like the "how" of the origin of a fire; the fire is there, and

all agree that water must be applied to put it out. So all classes of physicians admit that the "looseness" must be speedily arrested; and the main reliance of legitimate medicine is calomel and its combinations. Where I stand out from them, is in the manner of using the calomel. Now, there is something so curious in this, that I wish to draw editorial attention to the subject; for it must be admitted, that a new profession has arisen among men, and that the Press vies with the Pulpit in the regulation of the world; reforms cannot progress without its aid-prejudices cannot be annihilated, and newer and more truthful views substituted, without its co-Christian men, especially, ought to understand that a united tripod will sweep before it the Faculty, the Pulpit, and the Bar, as the whirlwind sweeps the chaff of the threshing-floor; and the time has already come when young men should be educated for the sanctum with as much directness as they are educated for law, physic, or divinity. It used to be said, with resistless truth, "like people, like priest;" and not less so is it to-day, as the papers, so are the people. For example, look at German newspapers-look at German principles in the United States,—infidel in sentiment, they openly propose in practice the abolition of the Sabbath, the marriage tie, and, in effect, all commercial municipal law. But what has this to do with Cholera? Much, every way. I want the Press to understand its position, its power, and its duty,—and, feeling its high responsibility, lend me a hand in ameliorating human suffering, by widely diffusing correct and consistent views as to the nature of a disease, which, since its malignant appearance at Jeddore, in eighteen hundred and seventeen, is estimated to have destroyed about eighteen millions of the human family. Let the press, then, join in diffusing knowledge among men, as to four great points: The Nature, The Causes, THE PREVENTION, THE EARLY TREATMENT of Epidemic Cholera.

Its Nature, a weakening condition of the bowels.

Its Causes, dirt and intemperance, in eating, quite as much as in drinking.

Its Prevention, cleanliness, temperance, and a quiet mind. Its Early Treatment, quietude, and the prompt call of a physician.

I believe that on these four points there is a perfect unani-

mity among all classes of physicians, everywhere; but the people, the masses, somehow or other, do not *feel its truth*, and that is because they have not been informed with a precision and consistency sufficient to arrest the attention and secure the assent of the understanding.

Another reason for the digression made awhile ago, is, I wished the attention of editors drawn to the fact, that while a proper self-respect and common policy should prompt them to leave purely medical questions to be discussed by medical men, yet there are some points, of a practical character, upon which they may very properly exercise a dignified and judicious observation, and one of these points is the administration of calomel in cholera.

If I were attacked with undisputed cholera, I would do four things:

1st, Lie down; 2d, eat ice, if thirsty; 3d, bind a piece of woollen flannel tightly around the abdomen; 4th, take calomel.

This fourth item requires a more extended mention. I would take an amount supposed to be sufficient. If it did not arrest the passages within two hours, I would double that amount, and continue to double each last dose at the end of each second hour, until the disease was arrested.

Now it is the reason for this, to which I wish to direct editorial attention, as entirely competent to decide whether the practice is wise or not.

Since calomel, or calomel with opium are given as a standard prescription in allopathic practice, and both with success, it seems plain that calomel is the efficient agent.

Dr. Jackson, who, for a long period, was in the service of the Hon. East India Company, says, that pure calomel was "a leading, indispensable remedy in the treatment of malignant cholera, none other being thought of in India," where the cholera has raged with all its terrible malignity for more than thirty-five years.

Why, then, do some physicians in this country combine with the calomel some form of opium? To "anchor it," they express themselves; to hold it in the system; to keep it from passing off without accomplishing anything. The argument is this: a small force held on, against a larger force at once applied. Fire makes water boil—a greater fire makes it boiler. The East India practice, where cholera is seen in a more furiously malignant form than can be witnessed here, is to increase the force of the agent—that is, give larger doses; and if near forty years' experience, in the most violent forms of the disease, has led to the general adoption of the practice, in the most enlightend part of India,—that is, under the more immediate eye of the East India Company,—the fair presumption is, that being "the" practice in severer forms, it is the better practice in milder cases.

But why do not physicians here increase the force—that is, the quantity of calomel? They are afraid. I do not mean to say of my brethren, that they are afraid of popular prejudice, or of pecuniary loss by abatement of practice,—because the true physician knows no mortal fear; it is the fear of humanity, that he may injure his fellow-citizen, his neighbor, his friend, who has placed his life in his hands—higher confidence than this, can no man place on earth. But what is he afraid of? The baseless fabric of a vision.

The ground of this fear is, that by a few grains of calomel, comparatively speaking, consequences severely injurious have sometimes taken place—effects which last for life; reasoning, that if a small amount of gunpowder occasions disastrous results when fire is applied, a greater amount of powder would be attended with proportional injury. Reasoning by comparison is always dangerous. A gentleman, reading the Jan'y No., concluded he would carry a few ten-grain calomel pills in his pocket, and applied to a German apothecary to put up half-adozen for him. "What are you going to do with ten-grain calomel pills?" in evident astonishment. "I will swallow them, if necessary." "Are you going to kill yourself?" And when it is remembered that German apothecaries are scientific men, educated expressly for the purpose, the reader may see the extent of the general prejudice when it pervades the intelligent classes.

Will any physician in New York, or out of it, who opposes ten, twenty, fifty-grain pure calomel doses, inform me by mail, at my expense, if he ever knew a man to take a hundred grains of calomel at a time; if not, then all that he imagines as to large doses of calomel being injurious, is purely hypothetical.

Calemel in a man is, in some respects, like sugar in a cup of

coffee: you can sweeten the coffee to a certain point—beyond that you cannot go; the coffee takes up no more, and the sugar falls to the bottom, and no use is made of it. In a state of cisease, the human system will take up a certain required amount of a single dose of calomel, and will take up no more; the remainder is hurtless and useless, and passes from the system mainly unchanged. This was the principle adopted by John Estin Cook, our honored preceptor, who had, in our opinion, one of the greatest purely medical minds of this or any other age or nation: but he was considered, on the subject of calomel, as mad as a March hare, or as the Apostle Paul, and for the same reasons, that is Paul, not the hare:

1st. He was fifty years ahead of his time.

2d. He, like most minds of mark, was not understood. The fog of prejudice was so thick, that his express declarations would be interpreted to the very reverse of his intentions. The impression became so general, that he "gave so much calomel," he was scarcely able to make a living by the practice of his profession. The same is said of the immortal Harvey. The actual facts were, that in any given case, he would, in the course of his treatment of it, give less calomel than other physicians. "Young gentlemen," he would say, with his manuscript lecture in one hand, and his spectacles astride the fore-finger of the other, sawing the air with great earnestness, "the difference between us is this: I give a man a single dose of calomel -you call it a large one-and I cure him up in a day or two; you give a little at a time, often repeated, and at the end of many days he is convalescing,—you, in the mean time, having given in the aggregate five times as much as I would."

In general practice, he did not often give more than five or six grains at a time; but in urgent cases, where danger was imminent, he was a perfect Napoleon—he feared nothing when his patient's safety was involved—and I have known him to give from one hundred to three hundred grains of pure calomel at a single time, with the most triumphant success, in the restoration of the patient to perfect health, without salivation or any appreciable subsequent ill result. It is known, too, that Southern physicians, thrown as they often are by frequent and great exposures, into desperate situations, have been known to grope their way at midnight to the calomel jar in their

offices, and catch it up in their fingers, as men do flour from a barrel, and swallow it down, and be visiting their patients within the next twenty-four hours. If the reader will turn to one of the old dispensatories, he will find that five grains of the sub-nitrate of Bismuth was considered a dose which might be! increased gradually to twelve or fifteen grains at a time; and it was considered dangerous, because poisonous, to go much beyond that. I use it in certain forms of loose bowels, in doses of a teaspoonful, or a hundred grains, three times a day, and that with admirable advantage, apparently without any medicinal effect whatever, seeming to do good by acting as a mechanical coating over the tender surface of the intestines. And yet for generations it had been dribbled out in doses of five and ten grains,—the tyrant AUTHORITY wielding, as it always does, the sceptre of a despot. Here is a case parallel with that of calomel. Men have drawn back with consternation at large doses, without ever having had the courage to take or give a large dose, and see for themselves what its effects would be, basing their practice on mere conjecture from the effects of small doses, or in combination with other remedies.

In an able historical article in the New York Herald of the 2d August, the writer says that he "was, at one time, in 1834, attacked in a most violent manner with Asiatic Cholera, when he took about six or seven even teaspoonsful of calomel before one remained on his stomach. Reaction then commenced, and he was next day enabled to walk out. The only external remedy used was the temporary application of a mustard plaster over the stomach. The only inconvenience he felt was a slight ptyalism, from his susceptibility to the influence of mercury. But this was nothing to dying. He then tried the same treatment in other violent cases with the most uniform and perfect success. In 1840 he experienced another attack of cholera in Liverpool, and again cured himself by similar treatment. became acquainted with Dr. Jackson, who had enjoyed great experience in the treatment of the disease during a long period in the Hon. East India Company's service. He informed us that the calomel practice, in the form and manner we have described it, formed the most successful practice of any other."

While such are my sentiments as to giving calomel, largely, in desperate cases, I do not advocate its free use in general practice, where I have seldom given over four grains at a time, and not oftener than once a week; and with certain nauseants not necessary to be named in a popular Journal, I find that it does not fail once in a thousand times to act within the twelve hours, and hence nothing is given afterwards to carry it off, as it takes care of itself. It is the weak-minded admirer of a great theorist who runs the principle into the ground, making the step from the sublime to the ridiculous so short, that the prejudiced and the hide-bound "have it all their own way."

Gentlemen of the Press, having taken a common-sense view of the statements I have made, do you feel prepared to abide by the pure calomel treatment, administered with a bold hand, in case you are seriously attacked yourselves? Then let me arm you with a succinct statement of the advantages of it.

1st. Calomel is tasteless, and therefore can be easily taken by small babies and grown ones.

2d. It will remain on the stomach when even water is ejected with a powerful force the moment it is swallowed. Can't you see the utter inutility of every other remedy, of even a specific that would cure every case in ten minutes after it was swallowed, when you can't keep it in the stomach a half minute?

3d. Calomel costs almost nothing, is to be had at every drug store, and is furnished without charge at the dispensaries. What is the use of talking about the advantages of pure brandy to the multitudinous poor, who seldom have a shilling ahead? Then again, where is that brandy? Besides, every physician knows it will kill any man who relies upon it in any case of actual Cholera.

4th. A double or tenfold dose of calomel can't kill you. Death, simply by an overdose of calomel, is impracticable: But if you take an overdose of opium, in any of its forms, alone or with calomel, or with any other medicine, a very speedy death is certain; while in a quantity not considered a very large dose, it very frequently, when given for loose bowels in children, gives water on the brain,—and, in adults, causes convulsions, congestion, typhoid fevers, and death—death, too, in one of its worst forms,—allowing you to linger for hours and days in an unconscious stupor, and in that state to pass

from all we love. Let not such a death be mine; let my eyes be open, and my intellect as clear as the dewdrop of the morning, when that great hour comes to me.

Trusting that what I have said will invite the unprofessional reader to reflection, to think for himself, and that medical men may be stimulated to renew their investigations, with a view to more truthful and more practicable ideas on a subject which involves the lives of unborn millions, I here introduce two or three articles from other sources, not endorsing what is said of anodynes, stimulants, or the infinitessimal dilutions,the last being as yet a terra incognita, an unexplored country, a domain where I would like to travel, had I the time which thousands have so much of, yet do not use, except in studying how to kill it often. What a murder—what a profanation. I am inclined to think there is something in Homeopathy; for, as far as my observations have gone, it acts on the principle of the bread-pills of the regulars—they give their bread-pills with a serious face and a confident anticipation of good results; and I see no reason why the little white ones should not do as well -they certainly go down easier.

POPULAR TREATMENT OF CHOLERA.

"Suppose our profession should arouse and make a combined movement to help the community to an accurate discrimination of the disease in its early stage. Why don't our editors instruct the public? The distinction between Asiatic Cholera and common domestic diarrhea is palpable and easy, and every man can carry that distinction in his memory. Cannot an uneducated man tell certainly if he has an evacuation which is copious, watery, colorless, painless, and inodorous? Any man of ordinary talents can ascertain, in two minutes, that something has happened to him which he never experienced before. I said painless. It is this quality of the evacuation which leads men to the amazing apathy so common, and permits them to let hours, even days elapse before the physician is at his post.

As this Asiatic destroyer may become Americanized, our people must be able to make an early discrimination, and our profession must learn how to prevent the fatal collapse. Why will not the editors instruct their readers that they can better afford to lose a pint of common red blood than a pint of

this colorless blood of cholera? How hopeless is the state of the patient from whom gallons of liquid, colorless nutriment have escaped!

If the editors, and especially my medical brethren, could feel as I do on the subject of incipient cholera, and lend us their facts and thoughts through the medical journals, in short,

condensed paragraphs, my hopes would be answered.

Having been watching every movement since this disease first broke out near Calcutta, in 1817, I have seen no scheme so rational as that fixed on by the Army Board of Surgeons of Bengal, and, according to reports, more successful when taken in the early stage. It consisted of heroic doses of calomel, combined with opium sufficient to anchor the calomel and retain it in the bowels. The formula was a combination of 15 grains of calomel and 4 grains of opium. Possibly it was five grains of opium. Fifteen or twenty grains of calomel every four hours, with opium only sufficient to control the bowels, must have a powerful and rapid effect in changing the secretions. But if every business man would keep a powder of the above description in his pocket to swallow if occasion required, it would scarcely do harm, and would greatly aid the efforts of the physician employed."

M. L. NORTH.

Saratoga Springs.

HOMEOPATHIC INSTRUCTIONS FOR FAMILIES WITH REFERENCE TO THE CHOLERA.

At a meeting of the Hahnemann Academy of Medicine, held July 16, 1854, the Committee on Cholera reported the following instructions for the domestic management of this disease:

1. Avoid crowded assemblies and crowded sleeping apartments, and as much as possible shun the presence of filthy persons, for the disease is mostly developed in crowded dwellings, ships, prisons, camps, &c.

2. Observe cleanliness of person and enjoin the same upon

your household.

3. Dwellings—especially the sleeping apartments—should in all cases be thoroughly ventilated.

4. Pursue your ordinary course of diet, observing some moderation as to vegetables and fruits. Night meals are to be avoided. Regularity in the hours of eating is very desirable. Alcoholic drinks are objectionable, the intemperate being particularly liable to this disease. Ice-water and ices should be used with extreme moderation. Articles of diet known to disagree with the regular action of the bowels should be most scrupulously avoided.

5. Avoid mental or bodily excitement or fatigue. Keep the

person warmly clad.

6. Cathartics and laxatives must be wholly avoided. No means should be taken to remove constipation, except such as are prescribed by a physician. The use of laudanum, opium, or cholera mixtures of any kind is hazardous.

7. It is better to take no medicine as preventative of cholera, but the slightest derangement of the bowels should be met by

appropriate treatment.

8. Should there be oppression or sickness at the stomach, shiverings or dizziness, with or without relaxed bowels, *Ipecac* of the second or third trituration or dilution, may be taken every two or three hours.

9. If there be watery looseness of the bowels, with or without nausea, pain or cramps, take one drop of *Veratrum*, first dilu-

tion, every half hour or hour.

10. If the diarrhea should become profuse, with or without pain or vomiting, discharges very frequent, being watery or resembling rice-water, with or without cramps, coldness, and blueness, with rapid sinking, take one or two drops of the spirits of camphor every five or ten minutes until reaction takes place.

From the moment the diarrhea becomes urgent, the patient should go to bed and be well wrapped with blankets. Bottles of hot water should be applied to the feet, and medical aid at once be summoned. No external use of camphor is advisable while other remedies are employed.

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cine, New York.

It may seem out of time and place, to fill two whole numbers of this Journal with remarks on the Cholera, in the winter time, when it has never prevailed in our country during that season, and may not appear among us in the next ten years. But, in all probability it will visit us next summer; such is the apprehension of scientific men; and such has been its usual course; hence, it is thought advisable to consider the subject in time, especially as there are four facts of inconceivable importance, which ought to be known to every human being liable to an attack.

First. The primary cause of Cholera is in the atmosphere, but that primary cause may be said to be almost as incapable of causing an individual attack of Cholera, as powder is incapable of detonation, without the application of a spark; or as tubercle is incapable of causing common consumption of the lungs without the application of causes which soften it, this softening being the actual disease.

Second. The immediate cause of epidemic cholera, that is, the thing which excites cholera in a choleric atmosphere, is an emanation from the surface of the earth, in localities where vegetable matter and house offal is in a state of decomposition, with certain exceptions.

Third. There is scarcely any ordinary disease which is so easily and so certainly prevented, as cholera.

Fourth. It is difficult to remember the name of any disease, which is so easily and so infallibly and so perfectly cured, as epidemic cholera, if prompt measures are taken at the very first indications of its approach; this Fourth head has been fully presented in the preceding pages; it is the third, to which special, present and personal attention is directed, that is, the easy preventability of cholera, if timely and possible efforts be made to that end.

During the last prevalence of cholera, it made its appearance in only one house in a large district of houses, which had been closely inspected and cleansed. On closer investigation, a large heap of house and kitchen offal, the apparent accumulation of years, was found in a dark corner of the cellar.

In one of the larger cities in the northern part of the State of New-York, the cholera made its first, its most malignant and long continued onset, on the line of a street which was in process of being dug up for some necessary improvement, a filling having been made there, and some years before.

While the Erie Canal was in process of construction, and also again in building the Hudson River Railroad, destructive fevers attacked the workmen engaged in those parts of the line where the fillings up of low places with leaves, rotten wood, &c., had gone on for great lengths of time. The practical conclusions which force themselves on the most common minds is that, 1st, Every householder owes it to himself, to his family, to his neighbors, and to the community in which he resides, to have his house, from cellar to garret, from the street curb to the rear line of his lot, most scrupulously cleansed, by sweeping, washing and whitewashing. 2d, Every man who has any authority in city or town government, should consider himself bound by the oath of office, and by every consideration of humanity, to give himself no rest, until every street, alley, close gutter and sewer, is placed in a state of as perfect cleanliness as possible, and kept so, until the frosts of next season come. 3d, These cleansings should be done now, in February and March, because, if put off until warm weather, the very effort necessary to the removal of filth, will only tend, in the essential nature of things, to hasten the appearance of the disease, to increase its malignity, and to extend the time of its devastations; because, the suns of spring and summer the sooner warm into life and intensify the viperic and malignant influence, which, in its remorseless tread, wrecks so much of human happiness and desolates so many hearth stones.

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Should the cholera come next summer, it will not be felt that we have said one word too much: We desire further to say, that as it may come in a night, and with great malignity, may fall on multitudes of families between the setting and the rising of the sun, and all cannot command a physician, it is the part of wisdom as well as the duty of all, especially of heads of families, to remember that there is a probability that physicians must be extemporized for the occasion, and fortunate will they be who had treasured up some practical knowledge on the subject; for it will enable them to save many valuable lives, if they only make themselves masters of the external treatment, and to administer internal remedies, only in case no physician can be had. As to the external treatment, the easiest and simplest of all, until a medical man can be brought, two additional facts may be stated. Of all the physicians in Great Britain during the last cholera, Dr. Ayre was perhaps the most successful and the most celebrated. A French gentleman left an amount of money to be given to the writer of the best essay on the nature and treatment of the disease. Of all the articles handed in, the one which met with the most decided approbation was that which was founded on Dr. Ayre's practice, which was to rely on calomel. If, then, calomel has had such strong advocates in America, in England, in France, and above all in India, it must have positive merit up to this time; hence, the probabilities are in its favor, of its future efficacy. Physicians of all shades are earnestly invited to direct their attention to this important practical point. reason for the efficacy of calomel is simply this. Cholera is essentially the result of the liver failing to separate the bile from the blood; in medical phrase, it "secretes no bile," it is torpid; asleep; it does not work; scientific men, the world over, know that no medicine so certainly, so infalliably "acts on the liver," that is, " sets it going," makes it work, makes it separate the bile from the blood, and delivers it into the bowels as calomel; other medicines do this, but none of them with anything like the infallible certainty of calomel; it is the bile which gives color to the discharges from the bowels; in cholera they have no color; as soon as they do begin to have color, either yellow, green or black, depending on the quantity of bile, we know that the cholera patient begins to get well; and as the passages begin to loose their colorless appearance, they lessen in frequency and become thicker, more consistent; then, another wheel of the human machinery begins to turn, that is, the kidneys begin to work; the patient begins to urinate and

he is safe! No man ever did get well of actual cholera without these changes; the first effect of an efficient dose of calomel in cholera is the passages are less frequent within two hours; then more colored, then more consistent, and the crisis is past. Whatever causes fevers ordinarily, will cause cholera in cholera times. Whatever depresses the mind in cholera times is a cause of an actual attack in individual cases; hence, worriement, fear, despondency, will bring on the disease. Whatever weakens the body will cause cholera, whether it be overdoing or any debilitating ailment. If you wait until the cholera appears around you, flight is fear, and fear is death; you carry the seeds of the disease with you, and place yourself more completely beyond the possibility of skilful medical aid; and even if you can get it, the difference between a stranger's interest and your own family physician is infinite odds against To every family in New-York, or other large cities, who doubts its courage, we say on the 1st of May next go to some country house in Northern New-England, especially Vermont, and remain there altogether if you have the means; for the flatter and the warmer a country is the more it is liable to the scourge; and by going before the warm weather disseminates the seeds of the disease, you will in proportion be safe from an Dr. Patterson, of the Egyptian Medical Service, in a letter to the "London Medical Times and Gazette" says that the cholera of 1865 was of such a virulent form at Cairo and along the Mediterranean that the premonitory symptoms of diarrhœa were not present, but that men and women in the prime of life and in apparent robust health were struck down with it and died in from eight to twelve hours, either all the functions of life were suddenly suspended or instantaneous vomiting and purging took place, or cramps came on in the beginning. In all cases the engorgement of the liver was present, and in cases of recovery large quantities of a black oily substance was discharged, which was acrid bile, showing conclusively, as above stated, that the essence of the disease is the inaction of the liver, and that when it begins to work, the patient begins to improve and urination and recovery follow. It is scarcely possible, if it ever appears among us, that it will manifest itself in such a virulent form, because the filth and squalid poverty and depraved constitutions, from laziness and vicious habits of life, are not to be found in this country, which are almost universal among the semi-barbarous peoples of those warm countries. But as physicians will be the first to discover any peculiar phases of the disease, it will be the part of wisdom in all cases to secure the services of a medical man at the very earliest possible moment.

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FARMERS' HOUSES.

M WHERE to build and what shall be the plan of the house, are questions which have to be decided every year by thousands and thousands of enterprising farmers all over the country; either young men just married, who are about "opening" a farm in the boundless West, or by men more advanced in life, who, having done well, have decided to treat themselves and their faithful wives to a new and a better house than the one in which they have lived and striven so long and so well together. That the Y- and the die bear a bas william A

In either case it is of the first consequence and is necessarily the first step to be taken, after having decided to build, to fix apon an answer to the question, to y successive, min tracks

WHERE SHALL I BUILD? A Nois no last Upon the wise decision of this important inquiry depends, to a greater or less extent, the health, the consequent happiness, and eventual success in life, of every young farmer. It has been the experience of tens of thousands who began life hopefully, and who went to work with willing and brave hearts to "clear" a farm and make it a home for life for themselves and families, that they did well until sickness came, under which their strength and energy wilted away like a flower without water; they fell behindhand, lost their energy, ran in debt and finally settled down in the poor ambition of only meeting their expenses from month to month; their idea of getting ahead having been abandoned forever.

It is demonstrably true, that the difference of a few hundred yards, of a dozen rods sometimes, in locating a dwelling for a family, is precisely the difference between its extinction, in a few years, by disease, and its prosperity, its health, and a large family of industrious manly sons, and of refined, educated, and notable daughters. A citizen of New-York purchased a beautiful building site for a country residence, and after spending two years and a large amount of money in preparing it for the reception of his wife, children, and servants, he moved into it. Every body was delighted with the "prospect" which it afforded, of river and field and woodlands and distant mountains. With autumn, came chills and fevers among his servants. He abandoned it,

and never occupied it afterward, being wholly unwilling that his family should live where such a disease was possible.

the country, at an expense of over thirty thousand dollars; it could be seen for many miles around; while its spacious piazzas afforded near and distant views, which delighted every visitor. During the very first year such a deadly pestilence broke out among the inmates, that it was at once abandoned, and was eventually "sold for a song." It is now known by residents on the banks of the Hudson as "Blank's Folly."

A wealthy and retired citizen of New-York built for himself a splendid mansion up town, about four years ago, anticipating that it would be his home for life. He had occupied it but a short time, when one by one of the members of his family were taken sick. A strict examination discovered the fact that the house had been erected over a "filling," the emanations from which constantly ascending, impregnated every room in the building with deleterious gases; it was at once abandoned for another home.

The hospitals and barracks in and near Bengal are now almost useless, having been built in a locality utterly unfitted for human habitations, as far as health was concerned; their erection cost the British government sixty-five millions of dollars. This great waste of money might have been altogether avoided by the application of a very limited knowledge of the causes of disease.

From official papers presented to the British government, it is shown that of each hundred British soldiers in India, ninety-four disappear from the ranks before the age of thirty-five years, when, from military returns, it is known that "the average standard for health for Europeans in India, would compare with that existing anywhere else in the civilized world, if the known sources of disease were dried up." It is admitted, that in forty years, one hundred thousand men might have been saved, "if proper localities had been chosen for their dwellings!"

During the official investigations as to the causes of so much sickness and death at the National Hotel in Washington City some years ago, it was shown that there was no unusual sickness in any of the houses across the street, and that the causes

of the disease were under the building itself. The symptoms in some persons were so malignant and virulent, it became the general conviction that they were the result of poison having been designedly introduced into the food. This proves the truth of the assertion already made, that the difference of a few feet in the locality of two buildings, is the difference sometimes between life and death. These things being so, it is a matter of personal happiness and pecuniary interest to every farmer who contemplates building a house, which is to be a home for himself and family, probably as long as he lives, to possess himself of such information as to enable him to ascertain certainly, why are certain localities so prejudicial to the health of families residing therein? or, in other words, what is the agent which causes disease in this mysterious manner? It may seem discouraging at first view to state that this destructive agency is as invisible as the viewless wind; at the same time it will afford encouragement to be assured that its nature is known, as also some of the laws by which it is regulated; and that by an easy attention to them, the Samson may be shorn of his locks; and the great destroyer may either be avoided, or rendered as harmless as the gentlest touch of infancy.

The name of this perfectly remorseless destroyer of human life is all mi vito tell pi novo in those in the vito in the life is all mi vito tell pi novo in the life is all mi vito in the life in the life in the life is all mi vito in the life in

From a Greek word which means emanation; that is, ARISING FROM; because it comes up from the surface of the earth. It is a short word, but it brings weary sickness and agonizing death to hundreds of thousands every year; it will bring sickness and death, sooner or later, to many a reader of this article; but a sickness and death which could have been avoided.

MIASM is the principal cause of nearly every "epidemic" disease; that is, of every sickness which "falls upon the people;" attacking numbers in any community, such as fever and ague, diarrhea, dysentery, cholera, bilious, intermittent, congestive and yellow fevers. But it is gratifying to know that it is an avoidable cause of disease. Money and wisely directed efforts can banish it from almost any locality. All that is needed is to know the laws of miasm, and wisely adapt ourselves to them.

In 1860, one of the daily papers of New-Orleans stated: "The

yellow fever has broken out in the city under every conceivable variety of circumstances; when the streets were clean and when they were filthy; when the river was high and when it was low; after a prolonged drought, and in the midst of daily torrents; when the heat was excessive, and when the air was spring-like and pleasant; when excavations and disturbances of the soil had been frequent, and when scarcely a pavement had been laid or a building erected. Almost the only fixed and undeniable fact connected with the disease is, that its prevalence is simultaneous with the heats of summer, and that frost is its deadly enemy." Here, then are two important laws of miasm; and scientific observation directed to that special point in all countries, confirms the two great truths, that,

ge First. Miasm prevails in hot weather.

weather. The first a substantial than the substantial first and the su

Third. An inference is drawn embodying a third law of miasm, which is, that it is a cause of disease only from June to October, in our latitudes.

Fourth. A fourth law of miasm is confirmed by the now historical fact, that for three summers yellow fever has not been known as an epidemic in New-Orleans; because, from the scientific views held by those in power in that city in the early summer of 1861, it has been kept well drained; in other words, it has been kept clean and dry.

It is within the memory of the present generation, that some thirty years ago or more, the city of Louisville, in Kentucky, was one of the most pestilential spots in the habitable West. But by a wise system of filling and draining, it is now one of the healthiest, as well as one of the most beautiful cities of the great valley.

We have then arrived at four controlling facts in reference to miasm—that heat and moisture are essential to its production in any locality; that it can not exist where there is severe frost or great dryness.

But as it is known the world over that miasm never exists in deserts, where there is nothing but dry sand and a burning heat, it is clear that something more than heat is necessary to cause miasm. But it is further known that when miasm is so malig-

nant in localities where it is certain death to sleep the shore for a single night, a man can go a mile, and sleep on shipboard, and keep in perfect health; this shows that something more than heat and moisture are necessary to the production of miasm. The third element is vegetation, any thing that grows from the earth in the nature of grass, leaves, or wood. These three things in combination are the great agents for the production of miasm; no two of them can produce it—they all must be present together, and for a considerable time, so as to produce destructive decay of the vegetation, which requires a degree of heat exceeding eighty degrees of Fahrenheit. These three elements will always produced miasm, whether out of doors, under the influence of the heat of the sun, or on shipboard, or in an uncleanly kitchen; by the heat of stoves or fireplaces.

If then a farmer builds his house over a "filling," he will have sickness in his household. If he builds on "bottom lands," "made land," where running streams have in the course of years been depositing decaying and dead leaves, mud, etc., he will certainly have various diseases in his family, unless a system of thorough and constant draining is put in operation.

Ponds, sluggish streams, or any accumulations of water in a productive soil, always yield miasm; and a dwelling in their vicinity will be certainly visited with miasmatic diseases, unless attention is paid to certain circumstances which may modify the result.

Miasm is not supposed to pass a swift running stream; hence if a stream runs through a farm, and one bank of it is level and rich, the other higher and rolling, better far, build on the latter, for then the miasm of the flat land can not cross the stream, to the house.

If there is no stream, but a pond or flat land, and the house must be built in the vicinity, build it so that the prevailing winds from June to October shall blow from the house toward the pond or flat land, for miasm being a gas or air, is carried before the wind.

It is a hazardous experiment to built on an eminence, if it gradually slopes to the water's edge or to a flat piece of land; because miasm, like the clouds, will sometimes "roll up" the

side of a hal or mountain. It is known that vigorous growing bushes, or hedges or trees, between a miasm-producing locality and a dwelling, antagonize the miasmatic influences; the living leaves seeming to absorb and feed upon the miasm; but there should be a space of fifty yards at least between the hedge and the house; and the thicker and broader and higher the hedge, the better; and the nearer the leaves are to the ground the better, for the miasm gropes on the surface in its greatest malignity; and is seldom concentrated enough at the hight of ten feet to be materially hurtful to man, unless it comes up a slope. Hence, in the old cities of the world, in the times of plagues and pestilences, the people who could not "go to the country," had a custom among them to live in the upper stories of their dwellings, while the sickness raged; they would not even come down stairs to obtain marketing, but would let down baskets by ropes to the country people, for the provisions they had to sell. But they failed to discover why the country people could come to town with impunity, while they themselves were safe from disease in proportion as they lived in the upper stories of their dwellings. But a law of miasm has since been determined which beautifully unravels the mystery. Miasm is condensed by cold, made heavy, and falls to the earth, hovering, as it were, within a foot of its surface; hence is not breathed, unless a man sleeps on the ground. On the other hand, heat so rarefies miasm, as to make it comparatively innocuous. Hence the coolness of the early morning and of sundown threw the miasm to the surface, by condensing or concentrating it, and thus making it heavy; while the heat of the day, of a summer's sun, so rarefied and lightened the miasm, as to send it upward to the clouds. The country people came to town in the daytime! 11 101

Less than fifty years ago, the yellow fever and other deadly diseases prevailed in Charleston, South-Carolina, and it was known to be certain death, except to the very hardy or the acclimated, to sleep in the city a single night. Yet the merchants came to town at mid-day, under a blistering July sun, with perfect impunity. Hence, from June to October, it is best for farmers' families to sleep in the upper stories of their dwellings. In this connection, it is practically useful to know that the most malignant agencies of nature may be rendered harmless by a

little observation, and the wise use of a little knowledge. Miasm. is most pernicious about sunset and sunrise, because the cooling of the atmosphere at the close of the day causes it to become condensed above, to become heavy and fall to the earth, where it is breathed; while after sundown, it has settled so near the earth as to be below the mouth and nostrils, hence it is not breathed. When the sun begins to rise in the morning, the . miasm begins to warm and to ascend, but after breakfast it is so high as to be above the point at which it can be breathed; and besides, it is so rarefied, so attenuated, as to be innocuous. Therefore, the great practical truth beautifully follows, that miasm exerts its most baleful influence on human health about sunrise and sunset; hence, of all the hours of the twenty-four, these are the most hurtful, in which to be out of doors; and for the same reason, the hours of midday and midnight are the most healthful to be in the open air in miasmatic seasons and countries; that is, from June to October, north of the thirtyfifth degree of north latitude.

But unfortunately the cool of the early morning and the late afternoon are the most pleasant times in the twenty-four hours for field work, and the industrious farmer will be exceedingly. loth to spend these hours in-doors, should his house be already located in a miasmatic situation. There is, however, an almost infallible preventive of any ill effects arising from such an exposure to miasm about sunrise and sunset, and one that is easy of practical application under almost any ordinary circumstances; and it ought to be made known and repeated millions. of times through the public prints every year, until the information has reached every farmer's dwelling throughout the United States. Farmers, whose houses are already built in malarial districts, such as in low "made" lands, near ponds and stagnant water, or in the neighborhood of sluggish streams or marshy places, may exempt themselves almost altogether from the whole class of malarial diseases, such as diarrheas, dysenteries, chills and fevers of nearly every grade, by eating a hearty and warm breakfast before they put their heads out of doors in the morning, and by taking their suppers just before sundown: the philosophy of the matter is, that a hot or hearty meal so excites the circulation, and so invigorates the whole frame, that it

acquires the power of resisting the disease engendering influences of miasm. A neglect of such a simple precaution, in certain districts where malaria is known to exist in a concentrated form. is a cause of death so common as to be known and guarded against by the most uneducated laborers. A gentleman, a native of the city of Rome, informed the writer that multitudes of agricultural laborers who have been employed during the day in the low, level damp fields near the city, come into town about sundown and sleep in the streets and on the steps and stoops of houses; in order to avoid the sickly atmosphere of the evening in the "marches." No less a personage than a young king lost his life within two years, under the following circumstances: Having to pass the night in one of his journeys at a house located in the midst of an extensive low land or marsh. and wishing to be on horseback early in the morning for a hunt. the landlord pressed upon him the danger of being out early. and that at least he should take his breakfast first. The impatient youth was observed early next morning sitting at his open window, enjoying, as he thought, the delightful air as it blew in upon him, and soon after ordered his horses. He became ill and died of fever in a few days. The writer has lived among the Creoles of Louisiana where vegetation is rank in swamps, upon which the hot summer's sun beams with fiery power for many hours every day; but they are proverbially exempt from fevers, as are Northerners also, who adopt the habits of the Creoles—that is, to have their breakfast, or at least a cup of hot strong coffee with milk, brought to their bedsides before they get up of a morning. The value of this practice is known and appreciated. all over the South; so that while it is greatly better to locate a house where miasm can not reach it from ponds or sluggish streams or bottom lands, a farmer whose house is already thus situated, is not without an efficient remedy in the plan proposed maishy places, may of can't a man a day and a show

But there is another infallible remedy against miasmatic diseases as to families who feel themselves compelled to live in a house exposed to miasm. It was stated awhile ago that heat so rarefied miasm as to render it innocuous. No family can be troubled with fever and ague in any ordinary locality, if from June to October a brisk fire is kindled in the family-room, to

burn for an hour about sunrise and sunset, and if the family are required to repair to that room morning and evening and remain there, at least until they get their breakfast in the morn-

ing, and their supper at the close of the day.

It follows then that ordinarily, there is nothing unhealthful in the night-air after supper; on the contrary, health would be promoted, and important social benefits would accrue to country neighborhoods, if two or three nights of every week, after tea, were spent in friendly visiting, remaining not later than ten; thus encouraging that interchange of social associations which diffuses intelligence, promotes kindly feeling, enlarges the views, expands the ideas, and elevates the whole character, by cultivating the tastes as to dress, tidiness of person, and the imitation or copying after any ornament or improvement of the grounds and dwellings of the neighborhood. In this way, one intelligent practical farmer in a neighborhood, by occupying a house which he has built or remodeled for himself, so as to have all the comforts and conveniences which knowledge and observation and experiment have found to contribute largely to the health, happiness, and thrift of the occupants, will prove a leaven which shall spread from one habitation to another in a comparatively short time, until every dwelling in the circuit of many miles will be more or less improved, and thus the face of the whole country be changed for the better, with the promise and realization of a further progress, onward and upward.

RECAPITULATION

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Although the statements which have been made were presented in connection with the selection of the most healthful locality for building a new family residence, they are practically applicable to all cases wherein it may be desirable to make a house already built more comfortable and more healthful than it is, because, from what has been stated, it will be seen that a dwelling already erected should not be hastily and blindly abandoned merely on account of its insalubrity, for in the light of the above statements, it may be found that the causes of any present sickness are of a transient or of a remediable character, which may thus be illustrated:

The most favorable circumstances for the production of a mi-

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asmatic epidemic, speedy, malignant, and wide-spreading, are the exposure of the muddy bottom of a pond or sluggish stream to the beaming heat of a summer's sun. In less than a week whole neighborhoods have been stricken with disease, yet under such circumstances, and according to the well-established laws of miasm, five families may dwell within half a mile of a drained mill-pond, and yet only one will suffer from it, while the other four will remain exempt from unusual disease:

First. If a rapid stream half a mile wide runs between the drained pond and the house.

Second. If there is interposed a thick hedge or growth of living luxuriant trees or bushes. A treble row of sun-flowers are known to have answered the purpose in repeated cases.

Third. If the prevailing winds from June to October are from the house toward the pond. Documents on the same to be same to be a same t

Fourth. If the house be on a steep hill. Total the being man

The reasons for the above exemptions are here shortly recapitulated:

First. Miasm does not cross a wide, rapid stream.

Second. Miasm is absorbed by thick, living luxuriant foliage.

Third. Miasm can not travel against the wind.

Fourth. Miasm can not ascend a high, steep hill: house their

There is no mystery in these variations, nor any complexity, when the laws of miasm are thoroughly understood.

It will be practically useful for the young farmer, in a pecuniary point of view, to understand further that in one year a house on the banks of a mill-pond or sluggish stream may be visited with sickness; the very next year that same house may be exempt, because it is a very cold summer; the third year it will escape, because it is a very hot summer; the fourth year it will be a very healthful habitation, because it has been a very wet summer. Why these variations?

First. Miasm can not form, or if it does, can not rise through a foot or two of depth of water, and the wet summer kept the bed of the pond covered.

Second. The hot summer dried the bed of the pond to dust, and there can be no miasm without dampness.

and there can be no miasm without dampness.

Third. The cold summer did not give the degree of heat necessary to the generation of miasm—that is, eighty degrees of Fahrenheit.

These principles fully explain the apparent mystery of the epidemics in New-Orleans, already referred to in the first part of this paper.

An illustration of the laws of miasm, which the reader will never forget, was had during a cholera summer in Boston, under the following circumstances: the city authorities inaugurated a most perfect system of cleanliness. Efforts were made to procure the services of the most reliable men to visit every house from cellar to garret, and compel the removal of every thing which could have even a remote tendency to invite the fearful scourge. The results were admirable; there was not a single case of cholera except in a very restricted district—in fact one family only was attacked. A more special examination was instituted, when there was found in a remote corner of the cellar a large pile of the accumulations of bad housekeeping for years; and this was in a state of putridity. On its removal, and the plentiful use of the most powerful disinfectants, the disease at once disappeared and did not return har har and did for the ray amplied to wet to we

CELLARS IN DWELLING-HOUSES.

With a fact like the above staring one in the face, and in connection with another, that farmers generally make their cellars the winter and summer receptacles of every variety of vegetables and fruits, more or less of which are put away in a bruised, rotted, or unripe condition, and thus speedily become putrid, by acetous fermentation without the aid of much heat, it is appara ent that these gases are constantly ascending, and must unavoidably impregnate every room in the house with a vitiated and unwholesome atmosphere; and in consequence of another known fact, and unfortunately almost universal, that the cellar being convenient and "out of sight" of visitors, is made the receptacle of all that is old and unseemly as well as of kitchen offal, by the laziness of bad housekeepers or unprincipled servants. For these considerations, it is clear that no cellar should be built under that part of a house which is to be occupied as a place to eat and sleep and live in, whether in town or country. The great cost of land in towns and cities may be some apology for having cellars underneath; but there is none for having cellars under a farm-house. Where there are already cellars, a

great deal may be done toward preventing them from becoming the fruitful source of sickness and suffering; and if there is any obscure or slow disease in the family of any reader of this article, and a cellar is attached to the building, it is worth the experiment to secure the following "alterations" as to the cellar: let the cellar be emptied of every movable thing; let the walls and floor be thoroughly swept, and, if practicable, washed; and after being allowed to "air" for a week or two, have the ceiling plastered, the space between that and the floor having been filled with dry sand or gravel, or ashes or pulverized charcoal, not only to keep dampness and cold and any hurtful chance emanations coming up from below, but also, in case water should leak through the floors, it might easily pass through the sand, and thus perfect dryness be secured. The walls should be smoothly plastered, and the floor covered with a hard cement, thick, smooth, and strong; and both walls and ceiling should be well whitewashed twice a year; once a year, at least, the old whitewash should be scraped or swept off, before the new is applied. The best, because the cheapest and most universally available whitewash, is made as follows: put unslaked lime, that which is in the form of the original rock. in a vessel; pour boiling water on it until it is covered; place a cloth over the vessel so as to confine the most minute particles of the lime, they being the ones which most perfectly "penetrate" the surfaces to which the wash is applied, and consequently remain the longest. Subsequently dilute the wash to the consistence of thick cream, and apply it thoroughly and thickly, thus accomplishing two objects, a white, light-giving surface, having a "body," as painters term it, which is capable of absorbing, and thus rendering harmless the "bad" airs or gases which may be formed in the cellar.

Every partition and every shelf in a cellar should be made of smoothly planed boards, well covered with good white paint, thus preventing the accumulation of dust, and aiding in making the cellar light, cheerful, and clean, for the more light you can have, the better. Every cellar should be so contrived, that either by its grating or windows or doors, it may be easily and thoroughly ventilated, an hour or two at least every day in the year.

It is scarcely necessary to remark, that if a cellar is liable at any time of the year, even for a few days, to have water rise and stand on the floor, or even to have the floor a little wet, draining tiles should be put under it before the floor is "cemented." All shelves in a cellar should be so arranged that you can go all around them; it is not advisable to put any shelving against a cellar-wall; and if all the shelves are suspended from the ceiling, so much the better on several accounts, not the least of which is that more "floor-room" is thus obtained.

When a house is to be erected in a new locality, and it has been wisely determined to have the cellar off from the family building, but yet to be easily accessible from the kitchen without having to go "out of doors"-say under the kitchen itself or under the wood-house, or simply under the ground, its roof being a part of the front yard or garden, if you please, but so covered over with soil and grass, bushes, etc., that it would not be known to be there - the next point is to arrange that the foundation of the house should be on a rock, at least three feet deep, and on a spot descending, if possible, in every direction. The walls of the house should be at least two feet above the surface of the earth, crevices having been left at intervals on each side, so as to admit a free circulation of air, but not large enough to admit mice. There should be an open ditch all around the inside of the wall, as a drain to any dampness, with a sufficient descent, at least at one point, to insure the drain to be passed off.

It is well to plaster a foundation wall inside and out, and to have every stone well laid in a good mortar, not being sparing of lime or sand in its preparation. Too much "loam," or common dirt, is generally used, so that the mortar crumbles to powder, has no tenacity, no binding power, instead of hardening and becoming a part of the wall itself.

The space between the lower edge of the joists of the ground floor and the upper edge should be filled with dry sand, ashes, or, which is much better, charcoal, for the three-fold object of, first, keeping the lower floor dry; second, keeping it warmer in winter; third, absorbing any deleterious gases which might arise from the ground. As to the materials for building, each locality has its peculiar conveniences, but it should not be forgot-

ten that wooden buildings are best for the country, because they are dryer, and consequently more healthful.

The best kind of roof for a country house is the old-fashioned steep roofs, with a "comb" in the center; with no "hips" or dormer windows; these may make a building more picturesque, but they so generally leak, that a plain, steep, shingled roof is safer, more economical, and more universally available.

As to the shape and size and hight of the rooms, each builder must decide for himself, according to his taste and the length of his purse. A square building gives most room for the same money; and a broad hall in the center of the building affords greater advantages than any other arrangement.

"High ceilings," as they are called, are now much the fashion; but they are more costly in the first place, and occasion an unnecessary waste of fuel ever thereafter; they are commended for their spaciousness; but they sometimes give a barn-like appearance to a house, and are never so cosy as rooms which are not quite so high.

Winding stairs are objectionable everywhere, but especially in the country, where persons rise by daylight or sooner, and where there are old persons or young children; as in haste or darkness there is danger of falling, and breaking or disjointing the limbs or neck. It made made falling country

It is a great saving in the cost of furniture, if, in the erection of new buildings, and in the modification of old ones, large, light, and roomy closets are plentifully supplied, and with them shelves, hooks, and drawers. Many persons in the country when "dressed," show bad housekeeping and characteristic slovenliness, by having their outer garments marked with in numerable "creases," showing that they have been thrown negligently into a drawer, and allowed thus to remain from one "going-out" to another. The outer dresses of both sexes should be hung up in closets, protected by doors from dust; and to this end, every farm-house should have a great abundance of closet-room. These closets should be always large, and all the doors should be hinged within two or three inches of the wall, so that there may be no dark corners for the collection of dust or other improper thing, or for the hiding of what is valuable, and may occasion the loss of valuable time in

being searched for. For the same reason, there should be no "closets" arranged under the stairways, unless they are lighted in some way.

Every room should be so arranged, if possible, that there should be at least one window opposite another, or a door, so that the room may be speedily and thoroughly ventilated by opening both at the same time.

For the purpose of a more perfect ventilation of each apartment, especially those which are to be occupied as chambers, the sashes should be so arranged that they can be let down from above, as well as raised from below, for the reason that the foul air of a room rises to the ceiling in warm weather, because it is lighter than cold air. This makes room for the cold air from without to rush in at the lower part of the window; thus a "circuit," or draught of air, is soon formed, admitting pure air from below, and driving the foul air out of the room above. But every chamber should be so constructed, that a window can be left opened or raised, more or less, without having the "draught" come right in upon the sleeper, and it is safer, that whatever draught there is, should pass the foot of the bed rather than the head, because the feet are always covered. Hence it is not so easy to take cold, nor so dangerous. blowing in upon a sleeper's head, for even half an hour, has often caused quinsy, or other form of sore throat, to prove fatal in the course of a very few days. Where windows are already constructed, so that they can not be let down from the top, there is an admirable contrivance by which a draught is less dangerous than in the form of window recommended above. Have a planed board made the breadth of the window in length, and five or ten or more inches broad; raise the window, and then close the space made with this board, allowing the lower part of the window-sash to rest on this board, so as to hold it in its place. This allows of an open space between the glass of the lower and upper sash, through which the cold air will come with considerable force, with the current directed upward toward the ceiling, thus making it quite safe as to the sleeper. When there is only one opening into a room from out-doors, the physical law which governs the atmosphere operates so that the warm, impure air goes outward at the

upper part of the opening, while the pure air from without comes in below. This may be proven any winter's night, by placing a lighted candle or other flame at the lower opening, when the flame will turn inward; if put at the top, it will tend outward.

There should be a door opposite every fireplace; this diminishes the chances of having a smoky chimney; for in fire-time of year, the cold air will be always entering the room at the crevices of the door, and in the direction of the fireplace, and upward through the chimney. The draught of a chimney may be increased by the simple expedient of cutting out a small part of the floor with a saw, so that it may be easily replaced after the fire is kindled.

No chimney will "draw," well if there is any wall or other thing near, which is higher than the chimney itself.

But every to the mercus or et bles was the transfer can boile spraced or rived, nove or to without a value the "de aght" come is simular no en ment in south of the whereas diagraphs there is the design in the less of the best ruler show the heal, because the first above above about The Total Comment of the the time of the blowing in april a shaper' mad not wind the found is other some I printer or other term of some than, I reve The lift of the country of the country of the lift of the country sugalveman with so that in very selectivity on a make egalam is sa shi i aldo i haran a be alter . The old ! lessed a groms, it is the style of the access of the shown its sometimed bearing a creft woods in In oth, and div. or reach earlies by the large the min the tenter of a fall with of an orange out reeds walt box with the down from the gard of the gard of the gard of the gard of the bold it in its galace. This allow - have now managered bow me plass of the lower of try or a last at a father the confirmation will come with considerable force, which the enterest discusapproid toward the ciller thus main the city of the first of sloper. When there is only use or eight on month of subdoors, the physical but when ever per the other who operates to the vara, inputs the rest count within

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SMOKY CHIMNEYS.

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This household calamity can easily be prevented, and always in building new houses; thus, let the throat of the chimney be so constructed that immediately inside of it, the space shall be abruptly increased several inches in length and breadth; let it increase upward for two or three feet, and then be gradually "drawn in" to the dimensions necessary, and let the whole inside of the chimney be plastered with cement, which will harden with time. A very convenient method of ventilating a room already built, is to arrange that one of the "panes" of glass at the upper edge of the sash shall move on a pivot at the center of each side, so that it can be turned, the upper end outward, the lower end inward, or vice versa; or to prevent breakage, a thin board painted white, or a piece of tin or zinc may be made to replace the glass. A similar arrangement in new houses will have its conveniences. But in every room this device should be near the ceiling, above the fireplace; for ordinary rooms, the orifice should be a foot long and five or ten inches broad, and arranged so that a cord shall open or close it. without the necessity of getting on a chair or step-ladder.

In building a house in the country, it will save expense and trouble, besides preparing the way for a great deal of comfort on emergencies, to have a neat opening left for a stove-pipe near the ceiling, in at least one room in the house, say the dining-room or parlor, so that in case of excessive cold weather, a common stove for burning wood (or coal) may be put up, and thus have the facilities of making at least one room in the house comfortably warm during any "spell" of bitter cold weather; and warmed, too, at a comparatively small expense. For let it be remembered, that with a common fireplace or grate, more than one half the heat goes up the chimney, and is an utter The longer a stove-pipe is, the more heat is saved in the room; hence the advantage of having the arrangement for receiving the stove-pipe near the ceiling. Many persons, for the sake of appearances, or from a mistaken notion of economy as to the cost of pipe, have the pipe adjusted so as to open into the fireplace, by which a very large amount of heat is lost.

Much has been said of the injurious effects of a dry stove air, and to obviate this, it has been recommended that a vessel of water be kept standing on the stove. If this is left to be attended to by servants, it is far better to have nothing of the kind, because unless the pan is of white stoneware, and is emptied, washed, and filled with pure, fresh water every three or four hours, it "collects" dust, dirt, gases, and emanations, which, by being kept warm, generate a most pernicious malaria, which is much more likely to produce disease than a simple dry air.

It should be remembered that a room is but very little ventilated, and even that very slowly, by simply opening a door or folding-doors. Many persons ignorantly, and to their own injury, rely upon this method of ventilation, when they sleep in the same room in which a fire has been kept all day; and for this reason, also, every chamber should have a ventilator

arranged in the original construction of the house.

The coolest part of a room in warm weather, for sleeping, is the floor; but by the operation of the same law of nature, that cool air is heavy, and falls to the surface, the healthiest part of a chamber in very cold weather is the higher. A sleeping person consumes two hogsheads of air in an hour; that is, deprives it of all its oxygen, and replaces it with carbonic acid gas, which is a negative poison; leaving it so destitute of any life-giving property, that the person breathing it will die in a short time—in an hour sometimes. This is the operation going on in a close room where charcoal is burning in an open vessel; the oxygen is consumed in burning the coal, and its place is supplied by carbonic acid. Cold condenses this carbonic acid makes it heavy, and causes it to "settle" on the floor. It has been so condensed by cold as to be made visible in the shape of a snow-white substance; just as the invisible warm moist air, by the application of cold, is reduced to mist, to dew, to rain-drops, and to solid hail-stones. There are some localities in Italy and elsewhere, into which if a man and his dog come, the dog will die in a minute or two, while his master will remain uninjured. There was carbonic acid there; it was concentrated, condensed, made heavy, and settled on the surface, where the dog breathed it; but the man's nostrils being five or

six feet higher, took in none of it. From these facts, two practical lessons of very great importance to human health and life are drawn:

First. There is more need of ventilating a chamber in winter than in summer.

Second. There is no advantage, as to health, in sleeping in a very cold room, cold enough to have ice formed in it during the night. Thousands of persons who have gone to bed in perfect health at night, have waked up next morning with "pneumonia," that is, inflammation of the lungs, and have died in a few days, because the room was too cold for them; to say nothing of the debilitating effect of breathing an atmosphere more or less loaded with carbonic acid gas, which deprived the system of its ability to resist the approach of disease. Had the room been well ventilated, the attack would have been less severe, or there might have been none at all; because the breathing of a pure air would have given power to ward off any ordinary attack of sickness. Hence there are the most conclusive reasons for building houses, or remodeling them, so as to have the utmost facilities for ventilation.

Really, every chamber should have two systems of ventilation, internal and external, so that either may be employed, according to the season of the year, and the health and vigor or peculiarity of the sleepers—the internal ventilation, that is, openings above the fireplaces, for feeble persons, or for very cold weather, or in the autumn; the external, that is, through the windows, from all out-doors, for the vigorous, and in moderate weather.

To some persons, in any latitude, and to all in some sections of the country, it is certain suffering to sleep with an open window, especially in August and September; and by understanding the reason of this fully, the necessity may be removed from some families of "selling out," or of building elsewhere. Before changing a residence on account of its being unhealthful, it should first be noticed whether it is connected with any special season of the year, with any special part of the house, or any particular habit of the persons who are attacked; in other words:

Does the sickness appear during the autumnal months?

Does it appear among that part of the family sleeping on the same side of the house; on the northern side, for example, keeping the rooms always more or less damp; or in that part of the building nearest to some pond, or marsh, or sluggish stream; or whether, of several persons sleeping on the same side, only those are attacked who sleep with their windows open?

As a general rule, young children, invalids, infirm and old people, should have their chambers, during the night, ventilated from within; and so should all families living in "bottoms," on low lands, near ponds, sluggish streams, marshes, or recently cleared land, especially during the autumnal months, or where there is more or less of chill and fever, fever and ague, etc. The reason for this is, that from these localities miasm constantly rises and comes through the open windows upon the sleeper, who breathes it into his lungs, corrupting and poisoning his whole blood in a night!

Many cases are given in standard medical publications, where persons sleeping in certain parts of a building suddenly became ill, although they formerly had good health, and had occupied the same chambers, and had slept with open windows all the time; but a change of dwelling, or a determination to build elsewhere, should not be hastily made by the farmer, for some standing water may have been drawn off recently for a merely temporary purpose, the repairing of a mill-dam, for example; and when reflooded, so as to cover the wet, muddy bottom several feet deep in water, the sickness will immediately disappear; or a "belt" of timber between the dwelling and some standing, miasm-producing water, may have been cut down; if so, a substitute should be provided, by planting a thick hedge of sun-flowers or other rapidly-growing and lux-uriant vegetation.

THE LOWER FLOOR of every country house should be on the same level; for every step upward taken by domestics and women in the family, is not only a uscless expenditure of strength, and a large portion of it too, when it is considered how many times in a day the cook and housemaid and wives and daughters who do the household work must go in and out, and pass and repass from one room to another; but it is

physiologically a great strain upon those internal organs which are peculiar to the sex; and when too much of it is done, diseases are every day induced which are to embitter the whole after-existence. It is very easy to wink the eye-an inappreciable effort—but if a man attempts to do it a hundred times in succession, its repetition becomes a painful effort. It is very easy to step up a step or two, but the strongest will "pant and blow" if a hundred have to be gone up, as briskly as an ordinary cook steps about. It may be said that the objection does not apply, because only one step is taken at a time; but it must be remembered that those who do housework almost always have something in the hand—a bucket of water, a pile of plates, an armful of wood, a scuttle of coal, etc., and these must be raised that one step, besides the body of the person, altogether weighing between one and two hundred pounds. A certain amount of strength is expended in this unnecessary effort, and however small it is, each repetition of it is that much taken from the store of strength with which the person arose in the morning. A purse containing a hundred dollars is as much depleted by taking out a dollar at a time, until fifty are withdrawn, as if the whole fifty were detracted at once.

The kitchen should, as far as practicable, be central to the whole house, having the dining-room on one side, the woodhouse on another, and the place for meats, milk, and vegetables on another, unless these are all kept in the cellar, located as previously advised. If, however, the dairy is an important item about the farm, that is, if it is intended as a source of income, it should be arranged by all means to be on the north side of a hill or rising ground, and in such a way that a natural stream should flow through it, or that the surplus water of the well or spring or cistern should do so; but by all means let the dairy be approached from the kitchen by a raised graveled walk, with a view to have it as dry as possible at all seasons; for this walk must be passed over many times every day, and if not dry, it dampens the feet, and thus endangers the health.

WATER CONVENIENCES.

If water is not supplied by artificial means, so as to come into the kitchen by pipes and a faucet, it should be arranged

to have the well or cistern or spring deliver its supply in an apartment immediately adjoining the kitchen, on the same level, and without going outside the house. It can not be truthfully denied that multitudes of women lose health and life itself every year by having to step out from the dry, warm floor of the kitchen upon the cold stones and wet path outside, going to the spring, the wood-yard, or the "smoke-house." And with the experiences and harrowing narrations which daily come to physicians from this direction, that farmer is criminally remiss who, in building a new house, or reconstructing an old one, does not arrange to have a dry and level floor for those who do the cooking, washing, and general housework of the family; so as to make dairy, cellar, wood-house, water-closets, and smoke-house easily accessible by a dry pathway.

WATER-CLOSETS.

The location of these, in connection with a family residence, has an important bearing on the health of any family; a greater influence on the destiny of many than would be supposed by other than a medical practitioner, from the operation of a single law of the animal economy, in connection with a fact, to be afterward stated, which no observant person can truthfully deny. It is of the very first importance that the watercloset should be always, and instantly, and easily accessible; in proportion as this is not the case, the calls of nature are postponed. This never can be done with impunity, for nature never does any thing in vain, nor out of time. But it is singular to observe how she never allows herself, as it were, to be trifled with; if her call is not heeded, it is less and less urgent; her appeals to the nerves of sensation are less and less strong, until they cease to be felt; the inclination passes off, and it may be hours before she has recovered strength to call again; but with this unvarying result, the next day the call is made later, and later, and later, until after a while it is omitted for a whole day, and before the person is aware of it, it is found that the bowels are constipated; that several days pass without an evacuation, and with this, certain uncomfortable feelings are observed, entirely new to the person in question; they are simply "symptoms," the indications that disease is setting up in the system;

such as headache, cold feet, bad taste in the mouth on getting up in the morning, an irregular appetite, qualmishness, an absence of accustomed vivacity; and in due time there is actual disease, in the shape of sick headache, sour stomach, piles, wasting diarrhea, catarrh, "the least thing in the world gives me a cold," dyspepsia, with all its horrors, or a general decline of the whole system. Every observant physician knows that more than half of all ordinary diseases have their foundations laid in a constipated condition of the bowels—that is, a failure in them to act every day with almost the regularity of the rising of the sun; and he further knows, that the beginning of this irregularity was brought about by deferring the calls of nature until company was gone; until the chapter was finished; until the newspaper was looked over; until some work in hand was completed; or until "the coast was clear." It is in this, as in thousands of other cases, that the greatest of calamities arise sometimes, from almost inappreciable causes; and in all human record there is not a stronger exemplification of it than in the case in hand. There are thousands and tens of thousands of intelligent and observant persons in mature life, and still later on in years, who would cheerfully give a large portion of what they possess if they could have a natural, regular action of the bowels every day, without any artificial aid; and who can and do look back in vain remorses to the times when there was a proper and healthful regularity, and to the occasions and manner of their first breaking into it, simply for the want of a little personal energy, a little self-denial, a small modicum of force of will, which would resolutely, and even impatiently, clear out of its path those trifling, those cob-web obstacles which were in the way of our physical duty, as it were. But it is not always that nature allows persons to escape with a moderate or protracted or slow punishment. There are multitudes of cases recorded where, from motives of false delicacy, as riding in public vehicles, waiting for others, or for daybreak to come, or from sheer laziness, the power to pass water has been taken, away, acute inflammation has set in, and death has followed in two or three days. It is well worth while then to be at pains to say all that has been done, if by it a single family should, in the erection of a new house, or in the remodeling of an old

one, be led to make a wise and practical use of the facts which have been presented, in having a large privy constructed, with five or six apartments, appropriated to the different classes of the family, so that one may never need have to wait on another for a single instant, and also that approaches may be made with as much privacy as practicable, and by a path protected from the weather, to be used when inclement, and by another to be used in good weather, and still as distant from the house as can be conveniently arranged; for example, to be approached through the wood-house, and also through the garden. deposits should be made in a water-proof receptacle, placed on the surface of the earth, on runners or wheels, to be removed and emptied once a week on pasture or other land. The debris of one individual will fertilize an acre of ground every year, to an extent greater than any ordinary compost. In addition, for the seven warmer months of the year, lime or fresh ashes of wood should be scattered around the receptacle every fortnight, while a gallon or two of the following solution should be thrown into the receptacle itself every week or two. One pound of copperas, known as "sulphate of iron," costing but a few cents, dissolved in four gallons of water, will most completely destroy all offensive odors, whether in sinks, privies, or cellars. The warmer the weather, the oftener must the application be repeated. Sprinkling the copperas itself about is advantageous, and, if in cellars, is one of the best means of keeping rats away.

It is advisable to have a water-closet in some convenient part of every dwelling, to be used only on emergencies, which may

occur during the night, for example.

One of the happiest thoughts in this connection, and one which could scarcely occur to any other than one of the members of the Society of Friends, so remarkable for their thought-fulness and happy talent of having about them all the conveniences and appliances which so much add to the comforts and enjoyments of domestic life, was in having a water-closet connected with his barn, for the convenience of his gentlemen friends who visit him in the summer at his delightful mansion on the banks of the Hudson; this is one of the earliest pieces of information given to those coming for the first time; to this they can repair at any hour, with a feeling of perfect privacy.

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centers at the hinging point, and since the tension is uniform, instead of being distributed aroun or coupling upon which the detached biece moves freely in connection with the strings while the the edge of the plate, there is less chance of the instrument getting out of tune. Letters d and hinge c, on one side, and the tension of the strings opposite. The strain of all the strings, therefor and figures 3 and 4, represent iron braces. In figure 2 is seen the detached portion of the plate are in operation, the effect of which is to give nountain the reverberation to the sounding-board. will be seen that the detached piece b is secured in its proper position solely by the coupl See further particulars in the advertisement on another page of this Journal.

THE FAMILY SEWING MACHINE.

BY JENNIE JUNE.

To understand the value of the Sewing Machine, and the happy changes which it has effected in the social and family relations, one must be familiar with the quiet households scattered throughout the East and West, the North and South, of this great and thriving country.

Everywhere in the interior, domestic assistance of any kind is so difficult to be obtained, that it is scarcely looked for, and every good housewife relies upon her own exertions; not only to keep her house in order, her larder well supplied with the essential luxuries of homemade bread, cake, and pies, but her own, the children's, and frequently her husband's wardrobe furnished with all the useful, if not the ornamental, articles of dress.

This necessity provided an immense amount of work for one pair of hands to perform-the female head of the house, the hard-tasked wife and mother, found not a moment for relaxation. The drudgery of the kitchen was succeeded by that of the work-basket, whose pile of shirts and small garments seemed never to decrease. Not a moment of time could be afforded for the gratification of any simple fancy, even in ornamental needlework, all, to the last moment, and far into Saturday night, was exhausted in the necessities of the plainest work upon little aprons, frocks, and drawers, and the inevitable weekly collection of family mend-

In a large number of these households the case is now widely different; the Sewing Machine, generally the GROVER & BAKER, occupies an honored place in the family sittingroom, and accomplishes more and better than the most skillful seamstress. It is in a sense, which only those can appreciate who have known what it is to sew all the household garments by hand, the family friend. It is looked upon with eyes of real affection.

The interior of a country house, at this season of the year, is as pleasant as can be imagined; and it is made so, in a great degree, by the presence of the Sewing Machine. An hour's work in the afternoon, upon a bright, rapid, wonder-working GROVER & BAKER, will accomplish more than could be done by a weary hand-working almost into midnight. It will not only finish the dozen shirts in "less than no time," but it will tuck drawers and chemises, ruffle nightgowns, stitch trowsers, quilt linings and coverlids, and all this, and much more, with such strength, beauty, and precision, as would throw the neatest hand-work into the shade.

A Sewing Machine needs only to be purchas ed once in a lifetime, it is therefore of the great est importance to get the best; the one which, all things considered, is most perfectly adapted to meet the requirements.

This, we sincerely believe, and the opinion is corroborated by the highest authorities in the community, is the GROVER & BAKER Machine making the celebrated. "GROVER & BAKER" stitch, the only stitch, as far as we know, sufficiently elastic to be adapted to all kinds of family sewing.

The peculiar qualities of the GROVER & BAKER Machine, are strength, beauty, elasticity, and versatility, or adaptation to any kind of work. It compasses the whole range of family sewing completely, and without any of the vexations delays in rewinding, fastening, and finishing, which are common to other machines, and which occupy so much time, and waste so much material. It makes a beautiful. smooth, elastic seam upon cloth or cambric, which gives when it is washed or stretched without breaking, and in which every stitch is so firmly locked that the seam can be cut off between every half dozen-stitches without impairing its strength.

Testimonial letters, from ladies and housekeepers all over the country, speak unitedly of the beauty and superior elasticity of stitch. One lady says, it is the only machine that can "quilt;" another, that it is the only one "fit for boy's trowsers," and a third, that she is particularly delighted with the way in which it makes "woolen drawers and flannel garments."

The GROVER & BAKER stitch is the only one that can be properly used upon bias seams, and is therefore adapted to an immense variety of garments containing such seams, and also seams which are subjected to much stretching seams which are subjected to much stretching and wear. In addition to the fact that no re-winding and no fastening is required, a great deal of time, and temper too, is saved to the operator, by the simplicity, regularity, and ease of the various movements, the adjustment without change of tension to different kinds of work, and the method by which it is thrown from the machine, without delay or embarrassment, and also in such way as to ensible the overstor to maintain a pleasant and able the operator to maintain a pleasant and graceful position.

For dress-makers, the GROVER & BAKER is the only suitable machine; it is the only one that will accomplish satisfactorily, and with an immense saving of time, all the plain sewing, stitching, and quilting which they have to

accomplish.

accompiss.

For the heads of families it is equally valuable. It will do everything. It is simple, reliable, perfect in its operation, easy to be understood, not easy to get out of order, and gives such thorough satisfaction, as to leave no room for complaint.—N. Y. S. Times.

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CATARRH

THOUAR EVALUE AND THE

Is a "flowing from;" and the part from which the "flowing" comes, gives name to the disease; which is an inflammation arising from a cold, "settling" in that particular part; as "catarrh of the head," "catarrh on the chest," "nasal catarrh," &c; this last, is by far the most common, and as it is not only troublesome, but in some cases descends to the lungs, and becomes consumption, and in others causes a constant discharge from the nose, of so offensive a nature, that the room is filled with a most noisome odor, the moment the affected person enters it, it is no wonder that persons thus ailing, are willing to "give anything in the world" or to do anything, and everything possible, to get rid of such an affection. Some taking advantage of this condition of things, make exhorbitant charges for even attempting a cure; as much as five hundred dollars have been extorted from alarmed patients in New York City; three hundred dollars has been the common asking price. A single supply of "Godfrey's Catarrh Remedy," which lasts about a month, and costs but five dollars, will effect in all cases, what has hitherto cost from one hundred, to five hundred dollars. All that is needed is to snuff up from the palm of the hand, several times a day, a liquid and a powder, alternately; requiring no precautions, and in every sense, perfectly harmless; the effect being to close up the mouths of the vessels which yield the horrible odor, and to restore them to their healthful action; all which is done without any ill effects whatever; the patient need not see a physician, nor be confined to the house five minutes. Any one who purchases the remedy, and is willing, after a two weeks use of it, to return what is not used, in good order, will have the money refunded on demand, at the only office at which it is purchased-P. C. Godfrey, 831 Broadway, New York. It is the prescription of one of the most eminent allopathic medical professors in the United States.

A single case, and that of recent occurrence, in New York city, will answer for a thousand similar ones. A gentleman in Broadway, writes, Oct. 12th, 1865: "My wife suffered from Catarrh for quite seven years; finally the odor became insufferable. Every remedy was tried, which promised to be of any service; when Godfrey's Catarrh Remedy was suggested as the preparation of one of the first Surgeons in the United States, and once a Professor in one of the leading Medical Colleges. It is the only remedy that gave her even temporary relief. She had been assured that she could not be cured for less than three hundred dollars; and yet, by using Godfrey's Catarrh Remedy she was cured in a few weeks, so that no odor was perceptible, and she remains cured to this day. Others by my recommendation have used it, and in every vase it has proved satisfactory to them." Sold only by P. C Godfrey, 831 broadway, New York city.

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WORCESTER'S

BINCED-PLATE PIANO-FORTES.

WAREROOMS AND MANUFACTORY,

Corner of Fourteenth Street and Third Avenue, N. Y.

THESE instruments are made in accordance with a principle recently developed and patented by HORATIO WORCESTER, which consists in the use of a divided iron plate instead of the solid one heretofore in vogue. The detached piece is coupled with the inner plate by means of a link at the base end, and is sustained in its proper position by the tension of the strings, which are attached to it in the usual manner. This gives to the strings a greatly increased power of vibration, and frees the sounding-board so as to allow it to reverberate throughout its whole extent. The increase obtained in volume and musical quality of tone is carefully estimated to be full one HUNDRED PER CENT, as stated upon the authority of Louis M. Gottschalk, William Mason, William Berge, E. Muzio, Theodore Thomas, David R. Harrison, Charles Fradel, Christian Berge, and many other distinguished artists. Attention is respectfully invited to the following opinious of the improvement from leading journals:

From the New-York World.

A discovery worthy the attention of every one interested in music has been made by an old-established planeforte maker, Mr. Horatio Worcester, whose warerooms and factory have for years formed a landmark on the corner
of Fourteenth atreet and Third avenue. Mr. Worcester has succeeded in doubling the volume of sound belonging
to the piano, and at the same time improving in a great degree its quality. This has been effected by merely using
a plate made in two pieces instead of the common solid one. A portion is firmly fixed in the case in the usual
manner, and to this the second piece is attached by means of a coupling at the base end. This coupling on one side
and the tension of the strings on the other, hold it in its proper position, and allow it to move freely with the
strings while they are in operation, the effect of which is to give double their former vibratory power to both the
strings and sounding-board. The plate thus made is termed a hinged-plate. A few days since Mr. Gottschalk
examined this novel feature and found it a worthy subject of approval, as appears by the subjoined extract from an
autograph note of his to the inventor, under date of the 17th instant: "I estimate the volume of tone (in the
improved planos) to be increased about one hundred per cent. . . Their singing quality is excellent. The
upper part of the key-board is exceedingly brilliant, while the base is of a rich and powerful sonorousness." Other
esteemed artists have also cordially indorsed the use of a hinged-plate. Among them are the names of William and
Christian Berge, Charles Fradel, David R. Harrison, and William Mason. Had the Worcester improvement been
sent to the London Exhibition, American pianos would have stood even a better chance than they do of winning
valuable laurels as model instruments.

From the New-York Lvening Post.

HINGED-PLATE PIANO-FORTES,—A piano-forte manufacturer of this city has perfected a genuine improvement in the method of constructing and bracing the iron plate to which the strings are attached. The iron is divided and a portion of it left free to yield with the vibration of the strings and sounding-board. It is thought that pianos so Asshioned will stand in tune better than others, from the fact that the strain of the strings centers at one point only, (the hinge,) and also because they are less liable to injury resulting from the swelling or strinking of the sounding board. The substantial character of the improvement is vouched for by many leading musicians, artists, and critics, by whom it has been well tested at the warerooms of the inventor, Mr. H. Worcester, corner of Third avenue and Equivalent street. and Fourteenth street.

From the New-York Musical Review and World.

One of our oldest-established plano-forte makers, Mr. Horatio-Worcester, has just received letters patent for an improvement in the construction of that favorite instrument. The advantage consists in the use of a hinged plate, which gives to the sounding-board a freedom similar to that found in the violin. Mr. Worcester uses a plate cast in two pieces, one of which is fixed in the case after the usual manner, and with which the second or inner portion is connected by a coupling or hinge. To this second piece the strings are attached in the ordinary way, and by exerting a strain in opposition to that of the hinge, the piece is held in position. The effect of this is to give increased power of vibration throughout the whole extent of the sounding-board. This produces a singing quality of tone unusually powerful and agreeable, while for general volume, durability, and richness of tone, the instruments are decidedly superior. As the tension of the strings centers at the hinge, instead of being felt around the entire edge of the plate, there is a greater chance of these pianos standing longer in tune than those having a solid plate. The strings are also relieved of considerable pressure arising from the swelling of the sounding-board. It is the opinion of nearly all the skilled musicians and artists who have compared the Hinged-Plate Pianos with others of the same scale and make, that the increase in volume and beauty of sound is quite equal to fifty per cent. The principle is certainly a correct one, and having worked in a most satisfactory manner so far, after ample testing during nearly a year past, we see no reason to doubt its efficacy as claimed by the inventor. Being slimple and substantial, it needs only to be known thoroughly to create for itself favor with the musical community. Mr. Worcester has received autograph testimonials from many of our most esteemed and influential resident musicians and critics, in which they express their entire confidence in the genuine character of the improvement.

Complimentary notices have also appeared in the New-York Evening Express, Commercial Advertiser, Scientific American, Brooklyn City News, Brooklyn Weekly Standard, New-York Leader, Saturday Evening Courier, Dwight's Journal of Music, and other standard journals, all of which indorse the Worcester modification in the strongest terms.

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"A hard coal fire, burning fiercely, flat on the hearth, on a level with the floor, warming the feet delightfully, with an oval fire-place nearly three feet across, with no visible blower, very little dust, and absolutely no gas; the ashes need removing but once a year, while by the extra heat, pure air direct from out-doors, is conveyed to an upper room, without the possibility of meeting with any red-hot metallic surface, or with any corrupting surface whatever—it is simply pure air warmed. A Philadelphia correspondent who has used one of these low-down grates in a room eighteen feet square, for six years, says: 'I have never known a day that a fire made in the morning was not equal to the day, no matter what the temperature was outside.'

"To those who dislike furnace heat, and who wish to have at least one room in the house where there are absolutely all the advantages of a wood fire—the oxygen which supplies the fire being supplied from the cellar, and not from the room itself—this open, low down, air-tight, easily regulated grate, or rather fireplace, with its large broad bed of burning coals, or flaming Kentucky or Liverpool cannel, will be a great desideratum. No one who has a wise regard for the comfort, cheerfulness, and health of a family of children, should be without one for a single day. One can be put in at any season of the year, in two days, at an expense of from thirty to fifty dollars, according to the size. This Patent Parlor Grate consumes about the same amount of coal as would a common grate, giving out, however, as is supposed, near one third more heat—the soft, delicious heat of an old-fashioned wood-fire, (the oxygen being supplied from without.) It is equally adapted to burning soft coal, hard coal, or wood."—Hall's Journal of Health, for December, 1859.

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Tray-unit was the to the West Wash Wash at a him with at

New-York, Sept. 15th, 1865.

HALL'S JOURNAL OF HEALTH.

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[No. 4.

FARM HOUSES, CONTINUED.

In building a new house, or in remodeling an old one, the upper rooms, the chambers especially, when practicable, should be so arranged that the sun should shine into them through windows on three sides; this would afford admirable facilities for ventilation, and would give the light, and dryness, and cheerfulness, which so much contribute to the healthfulness of a chamber, and the lively, cheerful temper of those who occupy them. All farm-houses should be arranged, as far as possible, so that the rooms which are to be most generally occupied should have most of the sun during the day. It is too often the case that the parlor, the company room, is the largest, lightest, and best room in the building; this parlor is barricaded with curtains, window-shutters, and closed doors, except when there is "company," which will, perhaps, average about a dozen half days in the year; the remainder of the time all its sweetness is

"Wasted on the desert air."

By all means let the best room in the house be enjoyed every day by the members of the family; give the room which is largest and lightest to your own wife and children all the time, instead of saving it for other people for a dozen hours in the year. Besides, such a room, almost always closed up, is a positive injury to every person who enters it; for in winter it has a pernicious "closeness" about it, while in summer there is a mustiness and dampness, often a "chilliness" present, which makes it feel almost sepulchral the moment it is entered.

HOUSE-WALLS.

Wall-paper, like carpets, are the inventions of laziness and filth; they conceal dirt and noisomeness of every description. The almost milk-white floors and white plastered walls of the olden time have almost entirely disappeared, to the great detriment of family purity and personal health. It is greatly to be regretted that this is the case, to the extent that it is. White

plastered walls can be kept clean for a number of years; the lime in them has the effect to purify them. Next to this is the painted wall, covered well with a suitable varnish; for it can be readily washed without injury, and is easily kept free of dust. In cases where walls must be papered, if for the first time, there are two important precautions: use no paper which has a green color, especially a "fuzzy green," which is composed of arsenic, and is capable of causing convulsions and fatal disease in a single night. Children have been taken extremely ill after playing a few hours in a small room covered with paper which had considerable green-colored patterns on it.

Care should be taken that the paste should be fresh, and put on equably and thin, and that any holes in the wall should be filled up with plaster. A tidy room in a certain dwelling was appropriated to lodgers. It was noticed, after a time, that as certainly as a person slept in that room a single night, severe sickness next day was the result. The authorities ordered an investigation, when it was found that a depression in the wall had been filled up by one of the workmen by gathering up a bucketful of pieces of paper, and some remnants of paste, to make them adhere. After a time, decomposition began to take place, giving out emanations of the most poisonous character; and for this reason, if any wall of plaster, or of wooden partition, is to be papered or re-papered, it should be thoroughly cleaned first, then made smooth; every particle of old paper should be removed.

The way in which the smallest amount of money can be made to go the farthest on a farm, morally and pecuniarily, is by investing it in lime and white lead. Filth, dirt, darkness, and untidiness, always and inevitably degrade those who dwell among them. Cleanliness purifies and elevates. If whitewash is used, it should be reäpplied twice a year to whatever is exposed to wind and weather; that which is, perhaps, the cheapest, most durable, and most generally available, is made thus: one ounce of white vitriol, that is, sulphate of zinc, and three ounces of common salt, to every four pounds of fresh lime, which is lime not fallen into any powder from exposure to the atmosphere, with water enough to make it sufficiently thin to be applied with a brush; this makes a durable out-door

WATER.

whitewash. When paint is used, two precautions are necessary: first, obtain a good article of white lead from a dealer whom you know to be honest. There is, perhaps, not one pound of pure white lead in a million that is sold for pure white lead, for there is a substance called barytes, which can be purchased by the ton for, perhaps, less than a cent a pound, which, when mixed with white lead, can not be distinguished until some time after it is spread, when it becomes dark; when it is remembered that white lead sells for ten times as much per pound, the temptation to adulterate is too strong for the honesty of any white lead manufacturer known to the writer. The proportion of this adulteration is from ten to ninety per cent.

Second. The preservative power of white paint depends, in considerable measure, on the time of year. If in hot weather, the water of the oil evaporates so quickly that the paint itself is not carried into the wood, and remains as a powder on the surface, and can be wiped off with the fingers. If in the inclement weather of winter, it is apt to be washed off by the rains before it has sufficiently dried. The autumn is best, when the ground is not likely to be dusty, and when the weather is long enough dry to allow the paint to get thoroughly dry itself.

Out-door wood-work should be painted once in every three years, and if done as just proposed, it not only preserves the building far beyond the cost of its application, but it gives an air of thrift, and life, and beauty, of which almost every reader has had personal experience. And in case of wishing to sell a farm thus kept painted and whitewashed, as to its fences and buildings, a better price can always be had, and from a better and more elevated class of purchasers.

WATER.

As to the greatest number of farms, it is the best plan generally to dig a well or build a cistern on a spot to be covered by the roof of the dwelling; and perhaps, under all the circumstances of the case, the cheapest, most available, and Peast troublesome method of obtaining the water, is by means of the old-fashioned pump, which does not often get out of order, is easily repaired, and, under the above circumstances, is not likely to freeze.

The roof of almost every farm-house will catch enough water to supply the wants of a family; this is most healthful to drink and is best for cooking purposes, and for washing clothes; and, indeed, for all cleansing purposes. When it is not practicable to have a good cistern, a running spring is next best, and a well next to that; but whether well, eistern, or spring, all should be most thoroughly washed out, scraped, and washed out again in the spring and autumn, especially the latter.

KITCHENS.

All persons of cultivation and refinement must instinctively shrink from cookery in the dark. Hence, it should be arranged that the sun should shine in upon this department for at least three fourths of daylight, and also that the "back-yard," as it is called, and which is usually in the rear of the kitchen, should have the advantage of abundant sunshine, so as to keep it dry and healthful.

A little sink near a kitchen door-step, inadvertently formed, has been known, although not exceeding in its dimensions a single square foot, to spread sickness through a whole household. Hence, every thing of the kind should be studiously obviated, so that there should be no spot about a farm-house which can receive and hold standing water, whether it be the pure rain from the sky, the contents of a wash-basin, the slop-bowl, or the water-pail.

CHAMBERS.

One of the most general, and, at the same time, one of the most pernicious errors in modern architecture, especially in the construction of private dwellings, is founded on the mischievous supposition that almost any place is good enough to sleep in. It is common everywhere to set apart the smallest rooms in the house for sleeping-apartments. To show what a ruinous mistake this is, let the reader remember that at least one third of a man's prestence is spent in bed, in sleep. Eight hours out of every twenty-four we are in our chambers. And when it is considered that air is essential to health, that without it we can not live two minutes, it must be of material importance whether we breathe a pure or an impure air for a third of our existence. A full-sized man breathes, takes into his lungs at each breath,

about a pint of air; while in there, all the life-nutriment is extracted from it; and, on its being sent out of the body, it is so entirely destitute of life-giving power, that if rebreathed into the lungs again, without the admixture of any pure air, the individual would suffocate, would die in sixty seconds. As a man breathes about eighteen times in a minute, and a pint at each breath, he consumes over two hogsheads of air every hour, or about sixteen hogsheads during the eight hours of sleep; that is, if a man were put in a room which would hold sixteen hogsheads of air, he would, during eight hours sleep, extract from it every atom of life-nutriment, and would die at the end of the eight hours, even if each breath could be kept to itself, provided no air came into the room from without. But when it is remembered, that however pure the air of the whole room was at first, it becomes contaminated by the first expiration, hence only the first, inspiration is pure, and each one thereafter becomes more and more impure, unless there is some ventilating process going on.

Every individual has, in his own experience, demonstrative proof of the impurity of the air of a room in which a person has slept all night, by the "closeness" he has observed on entering a sleeping-apartment after a morning's walk, and this, even when more or less fresh air has been coming in through the crevices about the doors and windows during the whole night. The most eminent physiologists at home and abroad have estimated that no sleeping-apartment, even for a single person, should have a floor surface of less than what would equal twelve feet long and twelve feet broad, or one hundred and forty-four square feet, and eight or ten feet high, or about twelve or fifteen hundred cubic feet to each sleeper. But the sleepingapartments of hotels, the "state-rooms" of ships, steamboats, and steamships, do not average one third of that cubic space to each sleeper. The state-room of a steamer is ordinarily eight feet long, seven broad, and seven high, and even these are adapted for two sleepers!

As, therefore, each out breathing vitiates the whole air of a room, as a drop of ink will discolor the whole bulk of water in a tumbler, the chambers for the members of farmers' families should not only be large and commodious, but should be so arranged that a system of ventilation, at least to a small extent,

shall be going on all the time, not only in spite of inattention, but a system which can not be easily prevented, which is accomplished by the simple expedient of having a fireplace in each room, which can not be closed with screens or "summer-blowers," for by this means a draft will be made by the cold air coming in at the bottom of the doors and from other places, passing over the floor toward the open fireplace, driving the

heavy carbonic acid gas before it up the chimney.

If a neglect of these things were invariably followed by death before morning, attention to them would be compelled. But although the deleterious effects do not thus speedily and impressively follow, they do inevitably result to all persons, under all circumstances—coming on slowly, it is true, but none the less surely and disastrously. To show what a little taint in the atmosphere, not natural to it, may affect the whole system, it is only necessary to state an observed fact, that a man who sleeps. near a poppy-field, with the wind blowing toward him from the field, will die before the morning. A canary bird, in its cage, hung to the ceiling of a curtained bed where there were two sleepers, was found dead in the morning. Prof. Carpenter, the first physiologist in Great Britain, ascertained that an atmosphere containing six per cent of carbonic acid gas would produce immediate death, and that less than half that amount would prove fatal in a short time. But every expiration of a sleeper brings out with it some portion of carbonic acid gas, and disperses it through the room; and if six per cent of carbonic acid gas will cause speedy death, the effects of breathing it nightly, even in very small quantities, for twenty or thirty years, can not be otherwise than pernicious to the whole system, must lower the standard of human health, and materially shorten life. But not only is the air in a close room thus constantly being impregnated with carbonic acid gas to the amount of about twenty-eight cubic inches per minute, for each adult sleeper, but the lungs and pores of the skin are constantly discharging an equal amount by weight, that is, three and a half pounds in twenty-four hours, of effete, decaying animal substance, in the form of invisible vapor, which we often see condensed in drops upon the window-glass of crowded rooms, rail-cars, and other vehicles. These drops, if collected and evaporated, have been found to leave a thick putrid mass of animal matter, which is

believed to be quite as injurious as carbonic acid gas, if breathed into the lungs; but if not at all injurious, the idea must be abhorrent to every feeling of purity, of taking such a substance into our bodies and incorporating it into the very blood, which is, at the next instant, to be dashed to the lips and tongue for food and nutriment.

In the winter of 1860, a man named Robertson, his wife, and three children, were in the habit of sleeping in one small, ill-ventilated room. One morning, about five o'clock, the wife woke in a very exhausted state, and found her infant of nine months dead in her arms; she immediately aroused her husband, who had barely strength enough to get out of bed; they next discovered that their son of three years of age was also dead, and a daughter of nine in an apparently dying condition, but recovered on being removed to another apartment. Facts like these show that breathing a bad air for a single night is perilous to life, and ought to have an impressive effect on the mind of every man who has a family when he is contemplating building or arranging for them a home for life.

Every chamber, then, should be arranged to have a ventilating process going on all the time, at least by having an open fire-place in it; and as there can be no advantage, but a positive injury, resulting from sleeping in any room colder than forty degrees above zero of Fahrenheit, a little fire should be kept burning in the grate or fire-place, under such circumstances; this creates a draft up the chimney, and keeps the atmosphere of a sleeping-room comparatively pure. In cases where an actual fire can not be kept, an admirable substitute will be found in placing a large lamp in the fire-place, to be kept burning all night; this creates a draft without making much heat, and is a good means of ventilating a sick-chamber when warmth is not desirable, such, for example, as in measles, scarlet fever. and other skin diseases, where a cool air, and at the same time a pure one, is an indispensable means of a safe and speedy cure. But let it be always borne in mind that cold air is not necessarily pure, nor is warm air necessarily impure. With a little fire in a cold bed-room not only is the chamber kept ventilated, but fewer bed-clothes are needed, less clothing does more good. next day, while there is a freer escape of gases and exhalations

from the body of the sleeper, and the person wakes up in the morning more fresh and vigorous.

Chambers should not only be constructed with a view to a constant, thorough, and unpreventable ventilation, but also with an eye to their perfect dryness and their free exposure to the sun for the greater portion of every day. Florence Nightingale, that beautiful name and more beautiful character, which will go down to posterity with that of John Howard and Dorothea Dix, and others of nature's nobility, writes after long years of experience with the sick and suffering:

"A dark house is always an unhealthy house, always an illaired house, always a dirty house. Want of light stops growth, and promotes scrofula, rickets, etc., among children. People lose their health in a dark house, and if they get ill they can not get well again in it. Three out of many negligences and ignorances in managing the health of houses generally, I will here mention as specimens. First, that the female head in charge of any building does not think it necessary to visit every hole and corner of it every day. How can she expect that those under her will be more careful to maintain her house in a healthy condition than she who is in charge of it? Second, that it is not considered essential to air, to sun and clean rooms while uninhabited; which is simply ignoring the first elementary notion of sanitary things, and laying the ground for all kinds of diseases. Third, that one window is considered enough to air a room. Don't imagine that if you who are in charge don't look to all these things yourself, those under you will be more careful than you are. It appears as if the part of the mistress was to complain of her servants and to accept their excuses—not to show them how there need be neither complaints nor excuses made."

In reference to the same subject, and in confirmation of what has been already stated in this article, Dr. Moore, the metaphysician, thus speaks of the effect of light on body and mind: "A tad-pole confined in darkness would never become a frog; and an infant being deprived of heaven's free light will only grow into a shapeless idiot, instead of a beautiful and responsible being. Hence, in the deep, dark gorges and ravines of the Swiss Valais, where the direct sunshine never reaches, the hideous

prevalence of idiocy startles the traveler. It is a strange, melancholy idiocy. Many citizens are incapable of any articulate speech; some are deaf, some are blind, some labor under all these privations, and all are misshapen in almost every part of the body. I believe there is in all places a marked difference in the healthiness of houses according to their aspect with regard to the sun, and those are decidedly the healthiest, other things being equal, in which all the rooms are, during some part of the day, fully exposed to the direct light. Epidemics attack inhabitants on the shady side of the street, and totally exempt those on the other side; and even in epidemics, such as ague, the morbid influence is often thus partial in its labors."

ICE-HOUSES

Are beginning to be considered an indispensable appendage to a farmer's house, and, indeed, to every man who owns his premises. They are not a necessity, and where there is a good spring, or never-failing well, they can be very readily dispensed with, especially as they do not contribute to the general health of any family, unless the use of ice is wisely controlled. The free use of ice-water tends to the decay of the teeth prematurely, is liable to produce dangerous inflammations of the stomach, and certainly is the immediate cause of dyspeptic diseases in multitudes of cases, where it is freely indulged in at the regular meals of the day. At the same time, as many will prefer building ice-houses, it is proper here to give some directions in reference to the subject.

That ice keeps better ordinarily above ground than below, and that ventilation is necessary in order to its well-keeping, are two indisputable facts. The more compact the mass of ice is, the longer will it keep; hence plans have been devised of letting a stream of water run slowly into the ice-house after it has been filled, so that all the crevices may be filled up; or where a running stream is available, some persons have arranged to let the water in a foot deep during very cold weather; when this has frozen solid, let in a few inches more, until the house is entirely filled; or it can be done with less trouble and attention if during very severe weather the water is conveyed into the ice-house during the night, by or from a running stream, in a very fine spray, freezing as it falls. There should be a double roof; the under

part of the rafters should be boarded closely, and between that and the shingles a space of eight or ten inches or more should be filled up with saw-dust, spent tan-bark, or other porous sub-There should be a space between the straw on the surface of the ice and the roof, for purposes of ventilation, to prevent the air from becoming damp and close, with a wooden chimney of eight or ten inches square piercing the roof, or a sliding panel in the door would answer; the ventilation must not be a current of air. If the eaves of the roof extend a foot or two over the sides, a greater protection is afforded against rain and the rays of the sun. The roof of an ice-house should be steep. Great care should be taken against leakages of this, as well as of all other farm buildings. A cement may be applied with a trowel or case-knife to all leaks in roofs or about chimneys, etc., made thus: Take pure white lead and mix it with boiled oil until it is of the thickness of thin paint, add to this common sand until of the thickness of common mortar; there is perhaps nothing better than this. A space twelve feet in the cellar in every direction, will hold enough ice for a large family.

Ice-houses should be located, as a general rule, on the north side of a hill, if built under ground, so that the ice can be approached on a level with the ground on which it is built. many farms such a location is impracticable, and the only alternative is to build one on the surface. The general construction should be a wooden frame building, with another outside of it, with a space intervening of from fifteen to thirty inches, which should be filled in with coal-cinders, tan-bark, or, which is better than either, pulverized charcoal. It would be better if the inner building were made of solid timbers close together, and about three inches thick; the outer one, or the shell, may be a common frame, neatly weather-boarded, and kept well painted with white lead, so as to repel the heat of the sun. It will add to the convenience of an ice-house if the bottom, or at least a part of it, is arched, so as to form a place for a larder under this arch, or the drainings of the ice should be made to pass through the dairy or "spring-house."

Many farms have small streams of water running through them. In such cases, the locality for an ice-house should be selected with reference to the convenience of damming this stream near it, before Christmas, in such a way that a lake of a hundred feet or more in diameter, and about two feet deep, may be formed, and properly protected from cattle and all nuisances. This body of water would yield enough ice for a large farm, and by its shallowness would be more certain to yield a crop of ice, because a less degree of cold would be required to freeze it solidly than in a deeper stream, or one which was running, even with a sluggish current. One freezing over would yield thirty or forty one-horse loads of this summer luxury. While the lavish use of ice and ice-water can not but be prejudicial to the health of any family, common ice is one of the most valuable of remedial means in case of sickness in various forms.

To a person burning up with internal fevers ice is a comfort beyond expression.

Swallowing ice freely in small lumps is the chief treatment

in inflammation of the stomach.

The constant application of ice, pounded fine, and enveloping the head with it by means of a cushion, or other contrivance, is the most reliable remedy for that dangerous malady, inflammation of the brain, which so often sends its victim to the grave in a few days, or to that living death, the mad-house!!

In all inflammations, whether internal or external, ice diminishes rapidly the size of the blood-vessels, and thus relieves the pain they give when thus swollen by their pressing against the nerves which are always in the neighborhood of the arteries of the system.

Diphtheria, and some of the worst of other forms of sore throat, has been arrested in a very short time by pounding a piece of ice in a bag, then laying the head back, take the lumps and swallow them continuously until relieved, allowing them to be detained in the throat as long as possible, there to melt.

In all forms of diarrhea and dysentery, where there is great thirst, the gratification of which by drinking any liquid increases the malady, are promptly controlled, and in many cases perfectly cured, by simply swallowing as large lumps of ice as possible.

EPILEPSY itself, one of the most uncontrollable of human maladies, is said to be treated successfully in London by the application of ice to the spinal portion of the system.

A piece of ice laid on the wrist will often arrest profuse and dangerous bleeding of the nose.

In croup, water as cold as ice can make it, if applied freely and persistently to the throat, neck, and upper part of the chest with a sponge or cloth, often affords an almost miraculous relief, especially if followed by drinking copiously of ice-water, wiping the wetted parts perfectly dry, then wrapping the child closely up in dry flannels, allowing it to fall into a delightful and lifegiving slumber.

These statements may induce the farmer to be at pains, if he does conclude to build an ice house, to have it done in the most thorough manner and after the most approved pattern.

SHADE-TREES.

It looks well in the midst of summer to see a tidy farm-house almost hid from view by trees and bushes; but the influences they have in keeping a dwelling damp in summer and in producing a raw and chilly atmosphere in winter, thus engendering disease the year round, are sufficient reasons for exercising a wise discretion in this direction. Persons who have visited England have often admired the country-places of the gentry, one very uniform attendant being a beautiful green lawn in front of the buildings, not a single bush or tree, unless it may be in a diagonal direction from the front corners of the buildings forward and away. It would subserve the purposes of health, especially in level or low or damp localities, to have neither tree nor bush within twenty or thirty feet of the front of the farm-house, unless it be a flowering plant here and there, or some stately and ancient denizen of the forest, to give an air of antiquity and substantialness to the surroundings, but even these should not be so near as to keep the roof of the building always more or less damp, nor to darken the best and most frequented rooms of the house; for the first, the most indispensable requisite, in building or remodeling a farm-house, should be to arrange for its healthfulness.

BARNS.

These should be erected in as dry a locality as possible, where the sun can shine upon them the whole day, and where the ground descends in every direction. Special attention should be paid to the roofing, so that the rain may be turned off rapidly, and that the snow may melt very soon without the possibility of large accumulations.

THE STABLE

Should be arranged to be above ground, to be well ventilated, and to have abundant light; in short, to be cool in summer and warm in winter. He can never be a successful farmer who does not shelter his cattle effectually and well, in all seasons from the inclemencies of the weather. It is not only a humanity, but a great pecuniary saving on every farm where there is a single living animal. Some build stables low for warmth, but the advantage is more than lost by the vitiation of the atmosphere. A warm, bad air is worse than the cooler and still atmosphere of a stable. The ceiling of a stable should be at least ten feet high, with an aperture for the escape of foul air; the walls or partitions should be close, and arranged to have abundant light admitted through glass windows. In summer the sash may be removed.

The American Agriculturist for December, 1863, gives a description of a stable for draught and farm horses which contains

the most important points on this subject:

"The stable should not be less than eighteen feet wide, and of such a length as will allow six feet standing for each horse. It should be ten feet high. The horses stand in a single row, and the harness is hung on pegs in the wall behind them. width admits of thorough ventilation to the stable, without subjecting the horses to drafts. Each standing should be parted off by an upright post reaching from the ground to the ceiling rafter, placed three feet from the wall at the horse's head. These partitions should be closely boarded up three feet above the manger and hay-crib, to prevent the horses quarreling about the food, and biting each other. To each of these posts a 'bale,' eight feet long and twenty inches wide, should be hung by a strong chain, to divide the standings, and suspended by another strong chain at the hinder end from the ceiling rafter. Each chain should have a hook and eye within reach, that may be readily unfastened. This arrangement will leave a space of six feet opposite the head of each horse, available for feeding purposes. The manger for corn and chaff (cut feed)

may be two and a half feet long. It should be two feet wide at the top, one foot two inches at the bottom. The hay and straw, which should be cut into six-inch lengths, will require a larger receptacle, which should be three feet six inches long, two feet wide at its upper part, and half that width below. It should be so constructed, that while it is even with the manger above, it should reach to the ground, two feet above which should be fixed to the wall a bottom, sloping to one foot above the ground in the front, where some upright openings should be cut, to allow the escape of the seeds and dirt.

"At the top of this hay and straw-crib, an iron rack with bars six inches apart, should be so hung as to open up and fall back against the wall to let the fodder be put in, and then be put down upon it for the horse to eat through. It should be so much smaller than the opening that it can fall down with the fodder as it is consumed, by which means not a particle is wasted. The manger may be constructed of yellow deal one and a half inches thick for the front, back, and ends; the bottom, of slate three quarters of an inch thick. The top of the front and ends should be covered with half round iron, two and a half inches wide, screwed on to project over the front, a quarter of an inch outside, and three quarters of an inch inside the manger. This prevents the food being tossed out and the manger being gnawed. A short post must be put up as near the center of the standing as possible, to support the manger, into which a large screw ring must be put to let the chain or rope of the headstall pass freely up and down without constant friction. The manger may be three and a half feet from ground to top; the hay-crib of course the same hight. The paving of the standings, to three and a half feet from the head, should be flat, then with a fall from both sides to the center, where an angle iron drain of four inches wide from end to end, with a removable flat iron cover fitted to the inside of it, should be placed straight down the standing, with a fall into another larger cross main drain ten feet six inches from the head, so placed as to carry away the urine from all the smaller drains into a tank outside the stable. This main drain so placed, takes the urine from the mares. and has a loose cover also fitted to it, easily removed for sweeping out when necessary, perhaps once a week. This system

keeps the stable healthy, economizes the urine, and the straw also—the latter very important where it can be sold, or consumed as food. The width of eighteen feet for the stable gives room for narrow corn bins three feet high, so that each carter

may have his horses' corn separate."

In the above, paving has been alluded to for standings, but a hard, dry dirt floor is greatly better than stone or plank. A nice smooth, hard, and dry floor may be secured with small stones packed like a McAdamized road, the interstices being filled up with good cement, or with the dust made by breaking up limestone rock. This will make a floor which water can not penetrate nor horse-shoe disturb. The cheapest and best bedding, at least near mills, for such a floor, or for any other if kept dry, is saw-dust, which should be laid in abundantly, when dry, in the fall of the year.

It may be added that a good farmer and a generous man, having arranged his house for the comfort, health, and happiness of his family and the elevation of the tastes of his neighborhood, will not rest satisfied as long as the noble horse, the useful cow, and the patient ox and mule are without comfortable quarters, warm in winter, cool in summer, and all the year round abundantly fed and kindly treated, extending these with

a right good-will to pigs and poultry too!

WATER PIPES.

It is becoming more common every year to supply farm-houses with water through lead pipes, distributed through the building. Some waters, as the Schuylkıll, which supplies Philadelphia, contain an element which forms on the inside of the pipe, a film which is absolutely impervious by the water, and protects the lead against all corrosion or chemical change. And in cities and large towns, where the water is kept running almost incessantly, time is not allowed for chemical action on the lead; where the same water, through the same pipes, would produce speedy sickness in a farm-house. It is water stagnant in a lead pipe which causes mischief; so that every faucet should be allowed to run the water waste for at least one minute the first thing in the morning, especially in the kitchen. Still, comparatively little harm would result under ordinary circumstances if.

while the léaden pipes are laid, the most special care should be taken as to these points:

Allow no angles in the pipe. .

Let every piece of pipe which is horizontal lie perfectly straight.

Have all curves as large as possible.

Have no indentation on the outside of the pipe, for this may cause a projection on the inside.

Be at great pains that no pebble or other thing shall be left in a pipe at the time of its being laid.

All these look to one point, that is, the prevention of any sediment lodging at any one point, for where this occurs, there will be found the elements of corrosion and chemical change, from which the poisoning comes.

FARM HOUSES.

There can be no good reason why a piazza from ten to fourteen feet broad should not extend the whole front, end, and part of the rear of every farm-house; and considering the personal advantages of such an arrangement, and the air of coolness and beauty and liveliness which they present in summer, it must be put down as a great oversight, in that they are not more common than they are. It can not be denied that they contribute greatly to the coolness of the lower rooms in warm weather, and afford facilities for play to the children in inclement or muddy weather, and for exercise to grown persons, which are of inestimable value in promoting health. It would surprise most persons greatly to know how many girls in the country have fixed diseases grafted on them before they leave their teens; this is more strikingly the case with the daughters of farmers who are "well off" and actually rich. This comes about largely from the fact that they have not the facilities of exercise half equal to similar classes in large towns and cities. They, perhaps, sweep a room, or dust the parlors, or make up a bed or two in the morning; and that is about all the exercise they take on foot during the day, except when they have visitors; the remainder of the time they sit and sew, or read, or loll about, not altogether because they do not want to exercise themselves, but because there are not the facilities of doing so Few farmers have a spare horse suitable for a girl to ride, and if they did, she must have some one to ride with her; that re-

quires a second horse, and the brother or father must accompany her. These circumstances narrow down the chances of horseback exercise, exclusive of church-going days, to about a dozen or two hours in a year to eleven farmers' daughters in a dozen. And however inclined to walk, it is impracticable in winter, because they must step from the door-sill into mud, or slush, or snow. In summer it is too hot in the middle of the day; in the morning the grass is bedewed; and so in the evening, unless it is early, say just before sundown, when it is not altogether safe to be out of sight of the house... If there were commodious piazzas, there would be admirable facilities for walking at all seasons, and every day, for games, rope-jumping, plays, and promenades of every description; and by reducing it to a system, an amount of exercise in the open air could be taken every day, the value of which upon the physical health, the mental power, and general vivacity, can not be readily estimated.

THE NOBLE HORSE.

THE most loved and admired of all domestic animals deserves an additional mention in connection with the description of a model stable, as recommended by Mr. J. Wilkinson, Rural Architect and Landscape Gardener, of Baltimore, Maryland, and communicated to the Maryland Farmer, of that city, a monthly magazine, well deserving a large circulation. Mr. Wilkinson gives the pine plank floor the preference: "The worst of all is the clay floor. I lay the planks lengthwise, across the stalls, with a slope from front to rear. I lay the planks lengthwise across the stalls, and cut each plank under the partitions, and also in the centre of the stall. I lay them so as to leave an opening of half an inch between the ends, which forms a slot, or opening of a half inch in width and six feet in length, in the centre of the floor of each stall. I lay the floor so that it has a slope of three quarters of an inch from each side toward the centre, where the opening or slot is, but give the floor no obliquity 'fore and aft.' By this arrangement I accomplish a double object, namely, that of giving the animal the position he instinctively always seeks when in the pasture, by lying with the back 'up hill,' or the highest, for either side is higher than the centre.

"My mode of ventilation consists in making the building as close as practicable, with the exception of the ingress and egress openings for ventilation; the former I place in the floor, immediately in front of the horses; the latter on the highest part of the roof, having no obstructions between these two points. I take the air into the ground, if practicable, at the distance of one hundred feet from the stable, and lay an air-duct of proper dimensions from the receiving-well to an area under the feeding passage-floor, that portion of the floor over it being latticed.

"By this arrangement I take the air into the building, summer and winter, at the temperature of the ground, at the depth of which I lay the duct. Thus it is warmer than the external atmosphere in winter, and cooler in summer, and every breath is fresh and pure—a condition of things widely contrasting with that I have described, the result of the ordinary stable arrangement, which no one conversant with the subject will

deny.

"I feed the hay directly from the hay-loft through a sheetiron hay-tube, which is eighteen inches in diameter at the top, and twenty-four inches at the base. It stands on the tie-rail, level with the top of the manger, between two stalls, and extends to the level with the surface of the hay-loft floor. The top of it is covered. There are openings on either side, so that two animals eat from one tube. There is no waste of hay nor dust made in the stable in feeding it. The grain-feeding manger is of cast-iron, is hung on hinges, hence, may be removed and cleansed at pleasure.

"I also secure the most perfect drainage, by allowing the urine to fall directly through the slot in the floor, where it is received into the V-shaped iron gutter under the floor, which discharges it into a main gutter under the floor in the rear of

the line of stalls, outside of the stable.

"By this arrangement neither the bedding nor the floor is wet, only where the urine falls, which is usually over the opening in the floor, hence, the bedding will be less saturated with urine, even if it is allowed to lie for a fortnight without moving it, than it will be in a single night with the use of the tight floor laid with a slope from front to rear. The urine usually falls about five feet from the rear of the stall, and if the floor

has a slope to the rear, it will, in running that distance, be obstructed and spread over nearly the entire width of the stall before it is discharged into the surface-gutter in the rear of the stalls. In this gutter it is still more obstructed by the excrement; and the result is, that when the animal lies, he presses the bedding on to the floor, surcharged with putrescent urine, which it absorbs, and saturates the belly, thighs, and tail of the animal, and the blanket; all of which is avoided by my arrangement.

"This excessively filthy condition of the animal, revolting as it is to all who have proper appreciation of 'cleanliness,' which is next to godliness,' is not the worst feature consequent upon this barbarous, though universal state of things. The heat of the bed and animal lying on the bed and floor, fully saturated with putrid urine, will give off the most fetid gases, which the animal must breathe over and over again during the whole night."

ICE-HOUSES.

THE American Agriculturist says: "First, the ground selected must be dry, and out of the way of floods, if near a stream; for if water stands in contact with the ice, it will melt away almost 'like the morning cloud.' It is well to have the ice-house on the north side of a hill, or of a house or big tree. If close to the house, and a cool-room can be made between it and the house, that will be found very convenient, and the icehouse wall next the cool-room need not be made so thick as on the other sides; in fact, a double boarding, with an inch. of space between, is enough. It is well to dig out the ground so as to set the house a little lower than the general level, and it may be several feet lower if convenient. The bottom ought to slope to the middle or to one side, and to be grouted; that is, laid with broken stones which are covered with hydraulic cement mortar, poured over and in among them, and smoothed off even on the surface. The inclination of the bottom should lead to a sealed drain, so protected that it can not be stopped up by accident, or by sawdust. It is important that the drainage of an ice-house, whether the bottom be cemented as we have described or not, should be perfect, and that a circulation

of air should not take place through the drain. This is easily affected by having the end of the drain (a round tile) rise two or three inches in a cemented depression, or basin, and turning over it a common flower-pot with the hole stopped.

"A house 10 × 10, or 12 × 12 feet, and eight feet from the bottom to the eaves, with a half-pitch roof, is about what is wanted on an ordinary farm, and will hold and keep more ice than is usually needed. The sides should be ten inches thick. the frame being of eight-inch uprights, of two-inch plank, set four on a side, (the end ones being a foot from the outside corners,) upon sills of the same width. The inside boarding should be of cheap inch stuff. The outside may be clapboarded, or boarded up and down and battened. Dry sawdust, planing-mill shavings, or dry spent tan-bark, may be used to fill in between the outer and inner boarding, and the filling should be settled down solid. The plates may be of two-inch plank; the rafters four on each side, of two-inch plank, six inches wide. They should be boarded outside and inside, and the space filled with shavings. The roof should be thatched or shingled, and the gable ends double boarded and filled like the sides. The door should be in one of the ends, four to six feet from the ground, and four feet high; and close to the peak there should be a sliding shutter for a ventilator. There should be a flooring not nailed down but laid firmly, to support the ice.

"The sides may rest on the grouting, or on a stone underpinning. When they are laid, they should have a coat of coal-tar all over, and when the house is done, sawdust stirred up with coal-tar should be filled into all the crevices and holes near the ground outside and inside, and earth heaped up around the sides and trodden down. Paint the sides with tar as high as the earth comes. How to fill an ice-house will be a subject for our December number.

"STRAW ICE-HOUSES.—Where there is a great abundance of straw, ice may be preserved throughout the year, if packed in a compact mass and well covered with straw, perfect drainage being secured."

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WANTED TO GIVE To whomsoever will procure sixty paying subscribers to Hall's Journal of Health for 1866, a Wheeler and Wilson sewing Machine, costing cash \$56. This Machine will sew all kinds of fabrics, and is the cheapest and best manufactured of its kind. Specimen numbers will be sent post-paid for Tenets. or

TO STUDENTS, The best and most complete edition of Webster's Dictionary, retailed at Twelve dollars, will be given to any one who will procure Twelve Subscribers, which many a person could do in an hour's time, who could not clear that much money in a month, in any way available to them. Or we will furnish a copy of all our publications, nineteen in number, for thirty subscribers.

Godey's Lady's Book, Edited by Mrs. Sarah J. Hale and L. A. Godey, published monthly at the north-east corner of Sixth and Chestnut St. Philadelphia, Pa. for Three Dollars a year, is said by an exchange to be "The oldest, best and cheapest, for the best is always cheapest." The March No. contains Twenty embellishments, and about sixty different articles of reading matter. Back Nos. can always be supplied. Twelve copies are sent for one year for Twenty-eight dollars.

A VALUABLE BOOK. The Harper Brothers have just published an Svo. of 300 pages, in handsome style, for \$3.50, being A Text Book on Anatomy, Physiology and Hygiene, by Prof. John C. Draper of the University of New-York; for the use of Schools and families; with 170 illustrations; it is at once scientific, practical and popular, and well deserves to be made a text book in every public school, seminary, college and university; if this were done, the knowledge which would be imparted to the young and others, in reference to the laws of the human body, would not only prevent an incalculable amount of sickness, but would add several years to the average of human life. We will send the book post-paid to any subscriber who will forward four subscriptions to the Journal for 1866.

The American Tract Society of 28 Cornhill, Boston, and 13 Bible House, New-York, has sent us one of the sweetest little books it has ever published, "Polished Diamonds," by Rev. John Todd, D.D. Whoever has lost a darling child, whoever may have one to loose, will find in these few pages a comfort inexpressible. Its first chapter is headed "Mary Brace Todd," then "Grinding the Diamond." 'The Pearl Oyster," "Crutches in the Garret," "The Funeral," "Heaven." Its first words are, "Just as the night begins to pass away, and the light of a new day to spread over the earth, the father stands at the fresh grave of his child with a little wreathe which he has woven to lay on that grave," and ends thus, "Dear reader! have I been able to throw one ray of light beyond the grave, or one beam of hope into your heart. I thank God if I have." This book is a well of water springing up unto everlasting life; and to every sufferer, to every one in trouble, it is a mine from which joy and gladness may be quarried, in every human sorrow, when there is hope in God. We will send a copy post-paid to every one who will send us three dollars for Two subscribers to Hall's Journal of Health for 1866-the offer will extend to the close of the year. "Precious Truths in Plain Words," contains sixty Tracts of two pages each, particularly adapted to family reading. Some of the subjects are, Hearers and Doers; Why we love God; Conflict here; Rest hereafter; True and False Peace; Always Rejoicing; Not Servants, but Sons: Wake or Die; The family in Heaven and Earth; Now or Never, &c. These two books will be sent for Three new subscribers.

"ENOCH RODEN'S TRAINING," 233 pages. This a reprint from the London Religious Tract Society, and every father who has a son whom he desires to restrain from evil ways, and to follow those paths which lead to usefulness and honor, and every youth who is about deciding what calling in life he shall pursue and who has an ambition to succeed, not merely in making money, but in becoming a respected and wealthy citizen, will derive invaluable practical lessons and hints from this very excellent book; as a means of introducing such books into families, the publisher will send the three, post-paid, for four new subscribers to Hall's Journal of Health for 1866; the offer to last during the year. This Society is doing a great and good work, and we heartly wish it commensurate success.

The Word of Promise, 299 pages, being a hand book to the promises of Scripture, by Horatius Boner, D. D., shows that there is a promise making and a promise fulfilling God. How sweet to take the Bible and open it with such a thought filling the whole soul, making it the more ready to appropriate all its words of love and drink them in as the hunted hart drinketh in the cooling water brook! How much they loose daily, who fail daily to make the Holy Scriptures their ever dear delight. If any reader has not this delight in the Law of the Lord, it would be well for him to read just such a book, and others like it, especially as we know not what the coming summer may bring forth to any one of us; certain it is, that it will be the last on earth to some, and if they be not "saved," then have they lost a beatific immortality. To all we say, read such books as will not only inspire an unwavering confidence in the Bible, but will cherish a love and a habit of dwelling upon its truths, leaning upon its promise, and this will Dr. Bonar's delightful work help those to do, who want to do it.

FABLES FOR THE YOUNG, FOLKS, by Mrs. Rosser, Original, may be safely and profitably placed on every family centre table. These fables will be a perfect delight to youthful readers, and cannot fail to make life-long impressions for good. The five books will be sent post-paid for five new subscribers to Hall's Journal of Health for 1866. Five unusually excellent books without money; for a labor that almost any person might perform in half an hour, thus doing good all round.

CATARRH. The three advertisements in March, of Catarrh will save us the trouble of answering letters, which come to us from every quarter, inquiring as to the respective merits of the persons who advertise to treat the disease; these persons require from fifty to five hundred dollars in advance and some of them require the patient to sign a paper which they suppose will relieve them from all obligation to refund, in case the treatment is not satisfactory. We have seen several persons, who looked like sensible, respectable people, who confessed to have "so signed;" we certainly think that they cught to have Cattarh of the nose, head, liver, lights, paunch and gizzard for the remainder of the term of their natural life; we would advise our readers before paying and "signing," to "try it" on a small scale and venture a dollar or two with Prince or Burrington, or rather venture nothing but a little time, on Godfrey who was not afraid to tell us what his Remedy was and shows his faith in its merits by offering to return the money in full on demand "and no questions asked" if it is not satisfactory, and as we know the Remedy and that it is relied upon by educated medical men as safe and efficient in many cases, we rather give our vote for Godfrey first; wife if you should find that your family physician does not afford you the desired relief: but to purchase any secret remedy, before consulting a regular physician, merely from the assurances of the persons who sell it, proves that there is something wrong in the upper story, a soft place somewhere in that individual's skull cap.

STERES I

"HEALTH TRACTS"

Are thus noticed in one of our exchanges: "In Hall's Journal of Health, one of the best periodicals published in the United States, there can be found a series of the most valuable essays ever placed in type; they are not mere ephemeral fantasies, but practical truths, which, if read and followed carefully, will benefit the whole human race." These Health Tracts, 236 in number, with a steel engraving of the Editor, are sent, post-paid, for \$2.50, by addressing "Hall's Journal of Health, No. 2 West 43d St., New-York."

Of the Book on "Health and Disease," (price \$1.60 by mail) which has now passed through several editions, the manuscript of which was rejected by all the prominent publishers of New York City, a member of Congress, who has made his mark for time, says, in a letter recently received by the Publisher, "Send me another copy of Health and Disease. I have been so much pleased with it, that I desire to extend its usefulness."

The "Health Tracts" were offered to one of the very largest Publishing Houses in New-York, but were "very respectfully declined." It would seem from this, that there is a difference of opinion as to their value. As they have been copied, all of them, in hundreds, perhaps thousands of papers, all over the country, it may reasonably be presumed that they are of some practical value. The original intention was to print a tract on moral health, on the other side of the page of one on physical health, and thus make one preserve the other, and do good by stealth; the Editor is thankful to possess the evidence, in letters received from all parts of the country, from persons of all classes and professions, including strangers and friends, that the mark aimed at has not been wholly missed. Each tract is eminently practical, and is contained on one page; it is believed that they will be as useful and true in the next generation as now; and that the increasing intelligence of the people will proportionably increase the general favorable estimate of their value.

While writing about our own books, we add something in reference to that on

CONSUMPTION,

the third edition revised, with additions (\$1.60 by mail); its object is to point out the very earliest and infallible symptoms of its first approach; the indications of its more advanced

stages; and then to show the comparatively easily practicable cure of the malady at this point of the disease, by entirely physical means, which are stated and illustrated by cases coming under the care of another physician, an Army Surgeon, in connection with corroboration under the author's care; by means of the suggestions made persons have recovered their health and lived many years afterwards; perhaps the same thing may occur again in reference to others and for this reason, it is brought distinctly into notice again especially as we believe that it is the only book yet published for popular reading which gives a truthful view of the dreadful disease.

CRAZY FARMERS.

Several years ago we made a statement that there were more farmers lunatics than of any other class. Several correspondents of various papers called the truth of the statement in question: We made no reply, as we had the facts in our possession. It is of no use to argue as to the truth of a whole fact; yet many persons are ready at a moment's notice to do this same thing and begin usually to explain away the facts by "supposing a case." We used the fact in order to draw a practical inference of very great value as it regards farmers and farmers' families. The reason given for the fact was that there was too much sameness in a farmer's life; there were too few subjects of thought; the remedy proposed was to increase the intelligence of farmers by directing their attention to the patronage of Agricultural books, magazines, and newspapers; to scientific farming, derided as it is by too many. The time is upon us when only scientific farming will pay; the exhuberant richness of the soil is becoming exhausted in many parts of the country, and in such places a hap-hazard agriculture will not pay in times when labor is doubled and in some cases commands three or four times as much as it used to. See the Journal for January and February of 1863.

The report of the Pennsylvania Hospital for the insane at Philadelphia, made by Dr. Thomas Kirkbride for 1866, as physician-in-chief and superintendent. No similar institution has a more conscientious, faithful and competent head. This last report is of unusual interest and value, on account of its suggestiveness as to the management of such establishments. This report shows that out of four thousand five hundred patients, there were one hundred more farmers than of any other.

class; there were more farmers' wives than of any other class, more widows of farmers, than any other class; and nearly as many farmers' daughters, as of any other class. These things show that, as a general rule, a farmer's life is a hard one, whether for husband, wife or daughter, and we commend the remedy, the effectual remedy proposed in the two numbers of the Journal already referred to, sent post-paid for thirty cents. It is suggestive to note in this connection, that merchants, their wives, daughters and widows are next in number to crowd the insane asylums.

The American Tract Society, 150 Nassau street, New York, offer "Wee Davy," by Norman Macleod, D. D., a beautiful and instructive narrative of Scottish, christian life; also, "While they are with us," most beautifully suggestive, and which all can read with profit who have any one to love; the great idea is, treat the living lovingly, and, when they are dead and gone; the reflection will be a balm of sweetest consolation, as long as you live, and growing sweeter to the end. To have a consciousness, abiding alway, that the father, the mother, the child, the wife, now dead, were never neglected, were never treated harshly. Reader, think of it. "How George Neumark sung his hymn." "Individualized Religion," by Dr. Adams, of the Madison Square Church, New-York; every living christian will be profited and fed by its perusal. "The Power of Truth," by the Rev'd John Gray, a beautiful narrative by a warm-hearted christian man—love divine shines out in every page. "Titles and Attributes of the Holy Spirit," a vestpocket edition, in Scripture words exclusively; a precious doctrine, strongly set forth.

A NEW SUGAR.—C. Cory & Sons, of Lima, Indiana, have sent us a good sugar, made from a species of sorghum or sugarcane, from the Sandwich islands; they can supply the seed or cane. If a barrel of syrup is set aside, more than three-fourths chrystalizes into sugar of itself. These gentlemen have also patented a method of converting the cider or juice of apples into a jam or jelly, which is perfectly delightful; there is a tartness about it which was a perfect god-send to our suffering soldiers over a year ago, to whom they sent eight thousand pounds. We have some which we have kept for more than a year, without any change; it is as clear as amber; a teaspoonful stirred into eight times as much water, dissolves without a

particle of sediment and makes a delightful cider. Vacuum pans are not used. The article will soon be largely supplied.

The Richmond, Va., Medical Journal, \$5 a year, published monthly, 80 pages 8vo. is edited with great industry, discrimination and ability by Drs. Gaillard and McChesney. Dr. G. has given a most instructive article, with engraving, of Cerebro Spinal-Meningitis. Dr. Houston contributed an essay on Cholera—for February, which none can read without profit, although in some points there may be a difference of opinion. We heartly commend the Richmond Journal of Medicine to the Profession throughout the country.

VENTILATION. Isaac Pitman of Providence, Rhode Island, has introduced a system of ventilation for private dwellings and public buildings, which is well worthy of the attention of builders; he claims for his plan, all the principles in its action, required for a thorough and complete ventilation; producing a state of air indoors, like that without; this certainly has not been accomplished hitherto, and if Mr. Pitman's plan does this, he merits the gratitude of the present and future generations. He aims to give a pure warm air, constantly renewed. Any gentleman who contemplates building or altering a house for his own residence, would do well to communicate with Mr. P.

The Christian Intelligencer of New York says: "Harper's Weekly is the most popular and widely-circulated of American illustrated papers. During the war it manfully and energetically sustained the Government, and still gives it efficient support. Its general reading is good and genial: Terms, \$4

a year.

"LAWS OF HEALTH" 427 p. 12mo., by Edward Jarvis, M. D. is just published by A. S. Barnes & Co., 51, 53 & 55 John St., New York, for the use of Schools, Academies and Colleges. The great and sole object of this work is to teach the "laws of Health." It treats of Digestion, Food, Circulation, Nutrition, Respiration, Animal Heat, The Skin, Bones, Muscles, Exercise, Rest, Brain and Nervous System. It is a standard work by an educated man, and written in a style at once clear, practical and instructive to all classes. The publishers have done a public good in issuing this attractive volume, and we hope a demand for it will spring up for copies by the hundreds of thousands, for it well merits it on account of its sterling value and the needs of the times.

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From the New-York World.

A discovery worthy the attention of every one interested in music has been made by an old-established pianoforte maker, Mr. Horatio Worcester, whose warerooms and factory have for years formed a landmark on the corner of Fourteenth atreet and Third avenue. Mr. Worcester has succeeded in doubling the volume of sound belonging to the piano, and at the same time improving in a great degree its quality. This has been effected by merely using a plate made in two pieces instead of the common solid one. A portion is firmly fixed in the case in the usual manner, and to this the second piece is attached by means of a coupling at the base end. This coupling on one side and the tension of the strings on the other, hold it in its proper position, and allow it to move freely with the strings while they are in operation, the effect of which is to give double their former vibratory power to both the strings and sounding-board. The plate thus made is termed a hinged-plate. A few days since Mr. Gottschalk examined this novel feature and found it a worthy subject of approval, as appears by the subjoined extract from an autograph note of his to the inventor, under date of the 17th instant: "I estimate the volume of tone (in the improved planos) to be increased about one hundred per cent. . . . Their singing quality is excellent. The upper part of the key-board is exceedingly brilliant, while the base is of a rich and powerful sonorousness." Other esteemed artists have also cordially indorsed the use of a hinged-plate. Among them are the names of William and Christian Berge, Charles Fradel, David R. Harrison, and William Mason. Had the Worcester improvement been sent to the London Exhibition, American pianos would have stood even a better chance than they do of winning valuable laurels as model instruments. valuable laurels as model instruments.

From the New-York Lvening Post.

HINGED-PLATE PIANO-FORTES.—A piano-forte manufacturer of this city has perfected a genuine improvement in the method of constructing and bracing the iron plate to which the strings are attached. The iron is divided and a portion of it left free to yield with the vibration of the strings and sounding-board. It is thought that pianos so ashioned will stand in tune better than others, from the fact that the strain of the strings centers at one point only, (the hinge,) and also because they are less liable to injury resulting from the swelling or shrinking of the sounding-board. The substantial character of the improvement is vouched for by many leading musicians, artists, and critics, by whom it has been well tested at the warerooms of the inventor, Mr. H. Worcester, corner of Third, avenue and Fourteenth street.

From the New-York Musical Review and World.

From the New York Musical Review and World.

One of our oldest-established plano-forte makers, Mr. Horatio Worcester, has just received letters patent for an improvement in the construction of that favorite instrument. The advantage consists in the use of a hinged plate, which gives to the sounding-board a freedom similar to that found in the violin. Mr. Worcester uses a plate cast in two pieces, one of which is fixed in the case after the usual manner, and with which the second or inner portion is connected by a coupling or hinge. To this second piece the strings are attached in the ordinary way, and by exerting a strain in opposition to that of the hinge, the piece is held in position. The effect of this is to give increased power of vibration throughout the whole extent of the sounding-board. This produces a singing quality of tone unusually powerful and agreeable, while for general volume, durability, and richness of tone, the instruments are decidedly superior. As the tension of the strings centers at the hinge, instead of being felt around the entire edge of the plate, there is a greater chance of these pianos standing longer in tune than those having a soild plate. The strings are also relieved of considerable pressure arising from the swelling or shrinking of the sounding-board. It is the opinion of nearly all the skilled musicians and artists who have compared the Hinged-Plate Pianos with others of the same scale and make, that the increase in volume and beauty of sound is quite equal to fifty per cent. The of the same scale and make, that the increase in volume and beauty of sound is quite equal to fifty per cent. of the same scale and many that the indicate with the same scale and is contained and the per cell. The principle is certainly a correct one, and having worked in a most satisfactory manner so far, after ample testing during nearly a year past, we see no reason to doubt its efficacy as claimed by the inventor. Being simple and substantial, it needs only to be known thoroughly to create for itself favor with the musical community. Mr. Worcester has received autograph testimonials from many of our most esteemed and influential resident musicians and critics, in which they express their entire confidence in the genuine character of the improvement,

Complimentary notices have also appeared in the New-York Evening Express, Commercial Advertiser, Scientific American, Brooklyn City News, Brooklyn Weekly Standard, New-York Leader, Saturday Evening Courier, Dwight's Journal of Music, and other standard journals, all of which indorse the Worcester modification in the strongest terms.

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HALL'S JOURNAL OF HEALTH.

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IL. Townell of The

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO
TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. XIII.]

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SURPRISE PARTIES, is off it is off, is

are among the numerous underhand inventions of the "Adversary," as "Friends" term that wicked spirit, who, as a general rule, goeth about like a roaring lion seeking whom he may deyour, but in this matter assumes the garb of philanthropy, as many of his followers in these latter days are prone to do: There is no objection to giving pleasant surprises to those whom we love, respect or admire, provided pernicious consequences do not result, legitimately and infallibly. The clergy in this country are the best men in it; they are the light of the world, the salt of the earth: for literary acquirements, for mental culture, for purity of morals and blameless lives, they have not their equals in any class of civilized society; and when such men devote their whole time to the preparation of books, essays, sermons and discourses for the instruction of the masses, encouraging them and persuading them to a life of purity, industry and thrift; warning them against whatever may deceive the head, corrupt the heart, debase the intellect, destroy the character and eventually ruin both body and soul; devoting themselves singly to these things, while others apply all their time and talents and energies towards making themselves, their children and their families, comfortable and happy, it is a very small matter that these last shall amply support the men. through whose influence, examples and teachings, their posses-

sions are secured to them, and their rights, liberties and lives are preserved intact, day and night for years together, from the depredations of thieves and burglars and lawless, murderous men; for no man of thought can be so blind, as not to see. that if Bible teachings were to cease, and the Sabbath abolished, the whole foundations of society would be upturned; anarchy would ensue, and our streets run with human gore; re-- volutionary France proved all this; and who does not know, that where there is no preaching, and no Sunday, there springs up drunkenness and profanity, prostitution, social disorganization and every other evil work? The merchant pays his private watchman for guarding his property every night; the whole of the minister's time is expended in enforcing those precepts which, and which only, can make, not only property, but even life itself, secure in any community. The Broadway merchant or the Wall street broker or the South street shipper, would crimson with shame to have it known that his faithful night-watch had starved to death, on the pitiful salary which he had accorded him; and yet there are rich men and women, who give so little towards the support of the clergyman of the neighborhood, that he would actually starve if others did no bettter by him. The minister of any community has a right to demand an ample support, a salary large enough, regular enough, prompt enough, and sure enough, to enable him to have a mind at perfect ease in a pecuniary point of view; so that his undivided energies may be given to his proper work; that much he ought to have as a salary and no more; if that much is regularly and promptly paid, a surprise party is not needed; if that much is not accorded of right, then a surprise party, a donation party, and all similar inventions of that glong-headed evil one, are underhand efforts to cripple the ministers in the long run pland like all underhand things, are mean in their very nature: [In fact, these devices of the enemy are acknowledgments that the minister is not well enough paid, and that his people know it; and by these parties they seek to accord him as a favor, what belongs to him as a right; is there not here a palpable want of magnanimity? Do you wish your minister to have a feeling that he is under

obligations to you for your contributions to these parties? If he knows where that handsome present comes from is it in human nature for him to be as faithful to you in his reproof, as he ought to be? to feel as independent of your good will as he ought to do? Be assured, it is impossible. These parties are tacit bribes; they cannot but have to a greater or less extent, the effects of a bribe; but a minister's palm should be as clear of a bribe as that of a judge. Who would dare to bribe his judge? none but the meanest of his kind! These parties are fitful and uncertain; their tendency always is to make the people feel that their pastor's income is larger than it really is, because the results of such operations are always exaggerated. Of all things, uncertainty in the amount of salary is the most harrassing to a cultivated mind, it makes an immense difference in a family's happiness. It may be ventured as a truth, that a certain salary of a thousand dollars a year, punctually and cheerfully paid, gives more happiness to any family, than double the amount promised and merely possible, and at best, most uncertain. A paragraph is going the rounds, most applaudingly, that a clergyman had his rent increased one-half, and that as soon as his people heard of it, they promptly made him a present of that increase. A present! a beautiful thought; splendid idea; why not make it a generous deed, by adding that much to his salary! and then he would have no misgiving as the year closes, about its being made up to him again: would he not be more able to lay down the law and the testimony without fear, favor or affection; less likely to preach peace, when there was no peace, if he stood upon the higher ground of receiving a sufficient salary as a matter of right. not favor? There is another radical objection to these chance additions to the minister's salary. All persons who rely upon what is called chance, are demoralized, as beggars, gamblers, hunters, wreckers and raiders. Men who get a living by uncertain fees, such as lawyers, physicians and the like, are not reliable providers for their families, as a general rule; they are liberal only by fits and starts. It is the soul in the serious in the

That people will be best fed from Sabbath to Sabbath whose godly minister is kept easy in his pecuniary matters, who has -- eta, of trout fills "

an income sufficient, if well managed, to meet his moderate wants; and it will continue as long as human nature remains as it is. "The laborer is worthy of his hire," said the master; nor should the sun go down on his wages; those wages should be equal to his comfortable support and should be paid to him without peradventure, always and in full, as his bounden right and just due; thus being generously supported by a loving people, he will be saved those health destroying anxieties which have many a time eaten out the lives of some of the best men ever known and laid them in a premature grave, to the great loss of the church, the community, and the world at large:

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to the plane of the or to realized a street that This is the age of shams, we are met with deceptions at every corner; that veteran soldier has one of Palmer's legs, and you couldn't tell it from a real one. You have been sitting at the table for a month by the very side of a man who has been eating with Allen's teeth and you never knew any better; wooden churches are made to represent brown stone; milk is no longer milk, except Canfield's; coffee is made out of burnt bread crust; friends smile most sweetly when they contemplate a fraud, and their very presents are bribes. A new sham has sprung up of late, in high places mostly, which is about as cool a piece of beggary, as any thing we have become acquainted with in the whole course of our natural life. Aristocratic father is "hard up;" his daughter is about to be married; he has no portion to give her, while "everybody" was sure that she would have a splend outfit, and for "everybody" to be disappointed would never do; what a triumph it would be to enemies; what a mortification to friends; what a sweet morsel for the malicious. The wind must be raised by hook or crook, and the programme is on this wise, a choice few only being in the secret: The object in the first place is to make an impression intended to advance the social position: but a more substantial aim is in view, and to be accomplished in a very gentlemanly way. It is given out that the best of

that "set" are going to make bridal presents; now, in all sets, there are always crawling apes; persons who seek to be number ones, by imitating them; so they express an intention of doing the same thing; then comes in another class to increase the little army; those who socially are equal to number one, but having been "unfortunate in business" are "very much cramped for want of means;" they are not really able to do as "everybody" does; but the necessity of the case compel them to do something; that something they would like to be very "handsome," and being poor and proud they are in a most perplexing quandary, but pride becomes the victor and a "present" is decided upon, wholly disproportioned to their ability, and which is to cause many a painful sacrifice and selfdenial for weary weeks and months to come. The friends of the bride make their presents to show their appreciation of her; the friends of the bridegroom must do the same out of respect to the beautiful being who is so soon to become as one of their friends; the result is, that the young couple begin their married life with an amount of household stuff useful and ornamental, equal sometimes to many thousands of dollars, more or less of which is contributed by persons wholly unable to meet the expenditures; but did not wish to be behind others for fear of giving offence. This really seems to be a new method of levving black mail, which aforetime used to be considered one of the meanest ways ever devised for raising money. In order to goad the unwilling and unable, to contribute to the very utmost of their ability, the presentors are expected to put their names on the articles contributed, and it has even been said that, in some cases, the cost of each article is affixed to it. These things ought not to be. Let those who are starting out in life, stand on their own bottom; if they start upon the race on an even footing with others, and win their way by the power of their own right arm, then they will have the proud consciousness through life, that they have made themselves what they are, and that they owe their success wholly to themselves. Such a feeling is, of itself, worth a small fortune, and is more enduring, because it may be pleasureably drawn upon without diminution, to the end of life.

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A member of the Society of Friends sends a recipe for the cure of this terrible affliction, as coming from one whom he knows to be a reliable man, but it is not here given, because it would mislead. The facts about Hydrophobia are these. The great John Hunter estimated that not more than one person out of twenty-one bitten by a rabid animal became Hydrophobic. In a case lately reported, out of a large number of animals bitten by a mad dog, only one died, or had any of the symptoms of the dreaded malady. All the so called "cures" which have come to our notice, are things which have been done immediately after the bite, and because the bitten person gave no indication of being hydrophobic, that thing is heralded as a cure. It is in this manner the "Mad-stone," so implicitly believed in by some, has gained its celebrity; it is well known that it has signally failed of any virtue whatever in some cases. By teaching the people that this, that and the other is a cure for the malady, they may rely on a broken reed, and, while so relying, may loose a life which might have been saved by the prompt application of the surgeon's knife or the cautery: "The would say to any one bitten by a rabid animal, known to be so, have it cut out or burned with caustic by the nearest physician at the earlist possible moment. Persons, have suffered for years the horrible mental torture of apprehension by having been bitten by an animal only supposed to be mad, and which by having been killed at once cannot be proven to have been mad; on this account it is best when a person is bitten by an animal to cage it, if possible, instead of killing it, for many a time it has happened that the supposed madness is only terror which would subside in a few hours by kind treatment or rest and sleep.

The saliva of a mad dog has no effect whatever on a broken skin. The most indisputable signs that a dog is mad are, 1st. He is sullen. 2d. Scratches his ear violently. 3d. Paws the corners of his mouth, without its being permanently open.

As to the article so highly recommended by our correspondent, which was given to animals and men, actually bitten by

mad dogs or supposed to have been so bitten, not one of them was actually attacked with the first symptom; the evidence is entirely negative, they were bitten, took the remedy and were not attacked, but to say they were cured and that too when not a single symptom of it was observed is going entirely too far; for in twenty of John Hunter's cases doing little or nothing after the bite, no harm came of it! We will gladly publish any remedy which arrests the actual throes of this terrible infliction.

POTATOES AS FOOD, to within the start

It is undeniable that Americans eat too much meat, and we may as well have an eye to principle as well as price in the setting of our tables. It is not wise, as a general thing, to eat by rule, at the same time there is nothing blameworthy in eating scientifically, especially if it is clearly promotive of health and is at the same time much more economical, which is an important consideration with that large class of worthy people who live by their daily labor, the widow and the fatherless poor.

The most nutritious part of the potatoe is contained within the eighth of an inch immediately under the skin, so that in peeling, three-fourths of the most valuable portion is utterly wasted: the most healthful mode of preparation for the table is by baking; then all the water which does not unite with the starch is driven off, leaving it mealy and dry. If to be boiled, wash the potatoe clean; let it stand two or more hours in cold water, put it in a pot of : water with some salt, boil quickly with the skin on, until the fork passes smoothly through the core: pour off all the water; set the pot over the fire, uncovered, for five minutes; remove the skin rapidly, and place on the table in a covered dish. When fried brown, in slices, the starch is turned into charcoal, indigestible and innutritious. If the potatoes are old, as in the Spring, they should be peeled and soaked in cold water, then thrown into boiling water, then Agyor of large wood. served as before.

Sixty pounds of potatoes make a bushel and costs a dollar, but five pounds of meat at twenty cents a pound gives but

one twelfth as much nutriment; or, to put it in another form, a pound of potatoes costing near two cents, warms and nourishes the human body as much as a pound of meat, which costs twenty cents; still, as meat is more easily digested than potatoes are and has some valuable ingredients peculiar to itself, the actual practical value of the two articles may be stated in terms thus: potatoes, as food, are one-third cheaper than meat, at the prices above stated.

Three-quarters of a pound of potatoes out of a whole pound is water; fresh, clear, lean meat is the same. The yield of different qualities of potatoes per acre, in the same soil and under the same cultivation will surprise many, as the following table will show, being the result of carefully conducted experiments by Dr. W. F. Hexamer of Westchester County, State of New York.

Bushels per acre.		Bushels per acre.
Cuzco	.360	White Mercer
Garnet Chili	.290	Fluke
Pink-eye Rusty Coat	.280	Prince Albert
Peach Blow	.240	Early June
White Peach Blow	.230	White Rock
Prairie Seedling	.230	Early Dykeman120
		Early Cottage
"Buckley's Seedling"	.210	Early Sovereign 80
Buckeye	.200	Rough and Ready 56

The whole farming world would be increased debtors to Dr. Hexamer's scientific industry if he will institute another set of experiments to ascertain how much nutrition the principle kinds above named contain; such information would be of special practical worth to both producer and consumer, for if the last variety in the table has no more nutriment than the first and will keep as well, the difference in profit to the farmer would be very great. While it does not seem to pay for the trouble of putting the cut side of the potatoe downwards in planting, there is a difference of yield of nearly one-fifth in favor of large seed.

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visual right HEALTH OF NEW YORK. resid med its

The city of New York is capable of being made the healthiest of all the large cities of the world, and is one of the healthiest now. Much has been said about the filthiness of its streets, its underground habitations, and its crowded tenement houses, but unfortunately, the speakers and writers have not been disinterested persons, or if so, were careless in their statements, if not very ignorant of that about which they were writing. When the Hub of the Universe wishes to compare favorably against New York as to health, she gives the population and the deaths of each city, knowing at the same time that the foundation is false, for New York gives the deaths from all causes, and the regulations are so stringent that no dead body can be conveyed from the city or be buried, without official permission and faithful registry; but in Boston, the still-born are not counted, in New York they are. From time immemorial, Philadelphia stoutly has contended, and still believes, that she is larger than New York, the celebrated Frog entertained a similar opinion as to the ox, but exploded in attempting to figure it out; she claims that she has more houses than Gotham, and that the only reason why New York has a greater number of inhabitants set down to her is that the population is counted twice, because the people live on one end of the island and do business on the other, and when the census is taken, the wives are called upon at their residences, and the husbands are called upon at their places of business, thus making the returns just double.

But when Uncle Penn wants to prove that the right-angled city, with wet pavements and white door steps and green window shutters, is incomparably more healthy than the great metropolis, she believes the population statistics are most religiously true. So with the penny-a-liners and speech-makers, who have axes to grind; they compare the total number of deaths annually, with the totals given of other large cities, knowing at the time, or blissfully ignorant, that New York gives all the deaths, when some ought not, in justice, to be counted, and are not counted elsewhere. While Boston does not count the

still-born, Liverpool does not count those who die in the city who have lately come from the country, and this really ought not to be the case in endeavoring to arrive at the healthfulness of any locality. The Liverpool Registrar did not count the Irish deaths for 1847—that would have run up the death rate three per cent. making it 39 per 1000, instead of 36. So few foreigners go to Paris, that only about two hundred die there in a year, while as to New York, out of every five deaths four are foreign. More foreigners land in New York city in a month, than at Philadelphia and Boston both together in a In 1865, one hundred and eighty-three thousand emigrants landed in NewYork city: in three days in July, thirtytwo emigrants died, more than ten a day, some of them dying twenty-four hours after their arrival, and in nearly all the cases, the deaths were the result of sickness of long duration, acquired abroad. Leaving out of the account, the still-born, and those of emigrants who die on landing, New York city would give a death-rate as favorable, perhaps, as any large seaport on the globe. From fifteen to twenty per cent. of deaths in New York are of foreigners who contracted their diseases before they reached the city; such deaths ought not to be set down to the unhealthfulness of New York. If as between New York, Boston and Philadelphia, the still-born were excluded or admitted in the mortuary returns of each; and the deaths of foreigners who contracted their sickness before they reached this country, were not counted, it would be seen at a glance, that New York city, as a healthful residence, has been greatly maligned. One plain indisputable fact is of very great significance, giving round numbers: while the native and foreign born population of New York is about equally divided, eleven thousand children of foreign born parents died in New York during 1864, while of children born of native parents. less than two thousand died, giving as a general fact, that five out of six of the children dying in a year in New York city, five are born of foreign parents.

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"TO STOP COUGHING.

"Slight irritation of the throat may be relieved by sipping a little slippery elm tea, or by suckling a piece of gum arabic. These articles coat over the mucus membrane and prevent the irritation of the air. A very few drops of paregoric held in the mouth, and allowed to trickle down the throat, will allay coughing. The best cough medicine for children, one which we have used for several years with entire satisfaction, is the following: Mix in a phial equal parts of paregoric, castor oil and syrup of ipecac. Always shake well just before using. A few drops of this swallowed, but not washed down by water or other fluid, will almost always soothe a cough. Repeat the dose as often as the cough returns. From onefourth to one-half a teaspoonful may be given when a lesser quantity does not suffice. A large dose after a full meal may produce a little nausea. Children who are subject to coughs should eat very little supper, and indeed, all children should eat much less and simpler food at night than at morning or The above mixture may be kept on hand ready prepared, as it does not deteriorate if kept corked. It may interest those afraid of mineral medicines (though they partake freely of common salt, which is a mineral,) to know that the ingredients are all 'vegetable.'"

The above is going the rounds, as credited to "Hall's Journal of Health;" although wrongfully, yet as nothing is so bad but that some good use may be made of it, so this occasion is taken to impress some wholesome truths upon our readers, and which are literally of vital importance.

If there is one truth more than another persistently taught in these pages, it is that it is generally dangerous and always injurious to "stop a cough." When a man has consumption, and his cough is stopped by anything he swallows, or if it suddenly stops itself, he will die in a week, because cough is nature's means of bringing the phlegm up from the lungs; all consumptives will testify that the more freely they can "bring up," the better they feel, simply because what is brought up comes from the lungs, leaves more room for air;

they breathe freer and fuller. The cough brings the matter from the lungs to the top of the throat; from that point it is brought with a hack or a hem, into the mouth, from which it is passed out by the act of expectoration; if there was no cough, there would be an inevitable accumulation in the lungs, until they would be filled with yellow matter; no air could penetrate, and death would necessarily ensue. Merely "stopping" a cough, which is the effect aimed at by all medicines sold for coughs, colds and consumptions, not only does nothing towards effecting a cure, but counteracts nature in her efforts to do the same, hence tend to destroy, instead of preserve: of all the medicines known, and which are given in reference to coughs, opium is the most pernicious ultimately; whether it be in the shape of the crude material itself, or paregoric, or laudnam or morphine; because, if it alone is relied upon, it is like preventing the appearance of smoke on board ship, while the hold remains on fire, and is every moment in process of When these medicines are ignorantly given to destruction. children for cough, or pain, or bowel complaint, they have an immediate but deceptive good effect, to be followed with convulsions or water on the brain; this accounts for the thousands of deaths of young children in summer time by fits and convulsions.

Let it be remembered by our readers that we have steadily aimed to avoid giving medical prescriptions in the pages of this Journal, only making an exception in case of cholera, and then merely for the purpose of arresting the progress of the disease, until a physician could be secured. When a person is sick and actually needs medicine, he should send for a physician, he ought no more to medicate himself than to mend his watch, or repair an old shoe. Physicians themselves after half a century's experience, sometimes mistake the meanings of a symptom, and a mistake in certain cases, is death. The constant aim of this Journal is two-fold. First, to show how to avoid sickness; second, to teach what may be done towards restoration by prompt attention, good nursing and the use of diet, exercise and air; but if more is needed, by all means send for a resident physician.

WANTED BADLY.

A good many sentimental tears have been shed over that phantasy of an inspirited brain, "The song of a shirt." There is no doubt the writer had a glass of brandy, and a pipe beside him, when he wrote all that rigmarole about "stitch, stitch, stitch." There is nothing like "leather," but hard facts. Some time ago, a friend wanted a dozen shirts made, and asked our aid in finding a seamstress; attracted by a sign, a young woman presented herself; she was asked to name her price for making one; and was told that if the work was well done she could have the remainder at her own price. The article was dilatorily made, sent home and paid for; the bosom buttons came off before the man was dressed; on examination, it was found that they were attached by a single thread, and even that, loosely. Who ever purchased a ready made garment that did not want repairing after a week's use, either as to buttons or rips. We feelingly know that a really good dressmaker commands two dollars a day, coming at eight o'clock and leaving at six, wanting two very hearty meals, with tea at both, two or three cups of it, of the strongest kind, costing one dollar and a half a pound; and to get this same woman, even for a day, is sometimes the work of a month, that is, she generally is engaged that long before hand; to be sure she understands her business, and does it well. A common sewer demands a dollar a day and board; but seldom can be had without a fortnight's notice; there are hundreds of families in New York city to day, who would gladly pay high prices for a person who could sew well. There are five thousand families in New York city who would cheerfully give from fifteen to twenty dollars a month for a cleanly, capable, honest and economical cook, who had no relations to feed; who had no visitors, and who retired at ton o'clock. There are five thousand places for house girls who are fully competent to the duties of their department. It is scarcely possible to go into any mechanical office or shop where work is well done, and get it promptly done, because such men have more work than they can do. It is only the incompetent who fail to do well in New York. Nor is it different in the professions; there is always a great demand for really able clergymen; men of might are wanted everywhere. There are a hundred churches in the city of New York ready and willing to pay large salaries to able men; the few who are here are constantly solicited to go elsewhere. As a good mechanic is never out of work; so a clergyman of real ability, is never out of a place long, if it is known that he is disengaged. We know a minister who is sixty years of age, who has never spent a Sabbath without a pastorate since he left the seminary; we know another who has pressing calls, with a princely salary, to New Orleans, St. Louis and San Francisco. Now and then a man of worth and power may stand awhile idle in the market place; but when it is so, it is because he is not appreciated, and is too retiring to push his claims. There are tens of thousands suffering this moment in the public hospitals, asylums and other places of charity, from destitution and diseases from want of occupation, not of necessity, but simply because they were either too idle to work, too incompetent to do it well, or too lazy to apply themselves.

We say to persons coming to the city to seek their fortunes, that they cannot get good places and high wages right away; but they can always be secured in a reasonable time, by accepting the first place offered, however small the salary, if it will provide very plain board and decent clothing; discharge all the duties promptly, well and cheerfully, and as your real merit becomes known, confidence will grow, salary will increase, and soon you will be considered indispensable, and in ten years become "one of the firm," and eventually, the head of the house on the retiring or death of your original employer. The most elegantly chaste house on Fifth avenue, within a stone's throw of our dwelling, is owned by a gentleman, who came to New York as a poor youth, and became "a store boy;" but he was economical, industrious and faithful, rising by degrees to clerk, confidential adviser, partner, and then principal, on the death of his employer. He is not now an old man, and his annual income would be considered a large fortune; but he never drank a glass of liquor, never smoked a cigar, never entered a theatre. at How che had

FOUL ODORS.

It is of vital importance, especially in warm weather, when any disease prevails in a community, to keep the air as pure as practicable; under such circumstances every man owes it to himself and to neighborly comity, to keep his own premises as perfectly clean and pure as possible, and to do this with as little trouble and expense as possible; the following suggestions are made:—A deodorier simply makes a bad smell imperceptible (see tract 154.) A disinfectant separates the odor into its original elements, and makes new combinations, new substances, which are hurtless. Fresh burned lime, called unslacked or quick lime, is the most common disinfectant, dissolved in water until it is thin enough to be sprinkled, or used with a brush.

Copperas, called green vitriol or sulphate of iron, is better than lime; a pound costing half a dime, dissolved in four gallons boiling water, and thrown into a privy or sink, will remove the odor in ten minutes, to be repeated two or three times a month in warm weather, or as often as any odor is perceptible.

Hydrated per-chloride of Iron, i. e. Copperas roasted and made into a paste, one pint to ten pints of water, is perhaps the most efficient deodorizer and disinfectant known.

Chloride of Lime, sprinkled over damp places, in yards, cellars &c., cleanses and purifies, but it has an odor of its own and is supposed by some to be hurtful.

A layer of fresh burned charcoal in powder, two or three inches in depth, over a heep of decaying offal, absorbs the odor, decomposes it and burns it up.

The manganates of soda or potash, dissolved in warm water are among the best deodorisers and disinfectants.

To disinfect linen, or washing apparel, soak it in a mixture of one ounce of Chloride of Lime, in a gallon of water.

Woolen, bedding, &c., which cannot be washed, are best disinfected by exposure for three or four hours in a chamber, heated to two hundred degrees.

To disinfect rooms, wash the ceilings and walls with quicklime water, and scrub the woodwork with brush, soap, and hotwater, and then wash with two ounces of Chloride of Lime, dissolved in a gallon of water.

Scientific experiments seem to indicate that great good results in rooms, where there is small pox and other diseases giving out organic poisons, by putting some Iodine in a box with a lid full of holes, the fumes soon pervade the room, giving a violet tinge to some household implements.

Glass and stoneware after being scrubbed with sand and soap are deprived of all ill odor by shaking dry charcoal powder in them.

HEALTH TRACT, No. 238.

PREACHING EASILY.

No physiological fact is more clearly established than that a night of good sleep rests the body and invigorates the brain; hence, persons in ordinary health after sleeping soundly arise from their beds in the morning with an amount of bodily and mental power proportioned to the time and healthfulness of the sleep. Extensive medical observation shows also that, whether in animals or men, sleep is most nutritious, most invigorating, when taken during the two or three hours before and after midnight. No one denies that it is a clergyman's duty to use these indisputable facts practically. The first step then to be taken by a faithful and earnest worker in the ministry, as a means of enabling him to make the most of every Sabbath day, is to go to bed about nine o'clock on Saturday evening, for he has no right to intrench on the hours of God's day in preparation for the active work of that day. He should not go to sleep after waking up in the morning, if it is day light; nor is it best to get up at once, but to remain in bed until there is a feeling of rest all over the body, and as if it would be a relief to get up and wash and dress. Having secured a good degree of vigor with which to begin the Sabbath day's work, he should use it economically, wisely; he should husband his strength, by not putting it forth unnecessarily nor lavishly on the earlier service, but seek to distribute it over the whole work of the day. If all the "vim" is exhausted on the mornings discourse, both preacher and people will necessarily be over-sleepy in the afternoon, and half a Sabbath, with its glorious and fleeting privileges, is lost forever.

Every word uttered, every note sounded, even the crook of a finger or wink of the eye, is at the cost of power; a wink is not much, but a dozen or two winks in quick succession produces appreciable fatigue or tiredness. Hence a clergyman will speak easier, if, until he enters the pulpit, he does not speak a sentence, or sing a line, or make a nod. And even if he takes his breakfast alone and comes alone to church, power is husbanded, besides the very great advantage of a greater mental concentration on the subject of the discourse, and those affections and feelings of responsibility which ought to reign dominant when a man feels that he may be delivering his high message for the last time, or that for the last time it will come to some hearer, and, if not improved, will allow his unchangeable doom to be sealed—forever!

Any conscientious hearer of the word will find by experiment, that if the time up to the morning service is spent in quietude of body and mind, he will sing the first hymn with more alacrity and will enjoy it more deeply than if he had sung several hymns before, or had been engaged in a way to require bodily or mental

effort.

When one, two or three hours only intervene between sermons, nothing should be eaten but some cold bread and butter, with a cup or two of any kind of hot drink; the former not to feed, but to sustain; the latter to impart the stimulus of warmth to the whole system. If a sermon is to be preached soon after a hearty meal, both speaker and hearer will be sleepy, while the mental effort necessary to deliver the discourse, withdraws so much of nervous power from the stomach that the food cannot be properly digested; and when repeated as a habit, chronic dyspepsia is engendered to burden the body and depress the mind for the remainder of life. These are not mere theories, but are from the experience of one who nearly a quarter of a century ago was able for two or three times a day, for months in succession, to speak extemporaneously, without apparent effort.

HEALTH TRACT, No. 239.

DATE

DOMESTIC CLEANLINESS.

On one occasion sickness prevailed in a family, which failed to obtain relief from any of the various remedies administered, but upon one of the panes of glass being broken and not repaired, an immediate improvement became apparent, resulting in ultimate good health.

In a fishing town in Cornwall, England, some of the houses in the narrower streets were in such a filthy condition from the negligence of those who occupied them, that the sanitary inspector considered it necessary to require the inmates to move into an open field, many of whom were already sick of cholera; they immediately began to improve; meanwhile the houses were cleaned out, swept, washed, and then thoroughly whitewashed; but no sooner had the families moved in, than the disease began to spread and assume a more malignant character; the people were again removed to the field, to sleep and cook and eat in the open air, when the same prompt improvement in their condition was manifested. It seemed that although the houses were cleaned, the yards and gardens around had been the recipients of offal of various kinds so long, that the very earth was saturated with the elements of disease.

Cases are recorded in standard medical books, where whole families have been stricken with disease in a few days; and examination discovered that the house drains had given away, and emptied themselves partially into the well from which the family derived all its supplies of drinking and cooking water. This was also the case in two English prisons, causing within a day or two, an epidemic dysentery throughout the establishment, which immediately ceased on a supply of better water.

The difference between cleanliness and the want of it, about a house, is demonstrated in some of the model lodging houses in London, standing in the midst of unhealthful surroundings; for in these houses the number of deaths is just half as many as in the immediate neighborhood.

It may be well to know what is an excess of sickness or death in any locality. In the Isle of Wight, one of the healthiest places on the globe, in a promiscuous population, for every thousand persons, fourteen died in the course of a year, from the ordinary sicknesses of humanity. In the model lodging houses, above referred to, about thirteen die out of a thousand, annually; while there are twenty-seven deaths among the surrounding inhabitants. In some portions of the British Army, where sanitary officers are scientific and conscientious men, only nine persons in a thousand, died annually; and in some of the best regulated prisons, in England, the death rate has been reduced to five in a thousand, a year, but in these last instances there are no children. In ordinary cases of soldier or prison-life, in what may be called "a standing army" or barrack life, not more than twenty persons in a thousand should die in a year, because in one sense they have nothing to do, but to keep their persons and habitations most perfectly clean. In England twenty-two persons die annually out of each thousand; in the United States twenty-four. For each person who dies twenty-eight are sick. It is estimated that each death is equivalent to one person being sick for two years.

Two hundred years ago eighty persons died out of a thousand annually in London, one hundred years ago fifty; and now, twenty-two, showing clearly, that as the intelligence of a people increases, as to the laws of health, sickness and death

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proportionably abate.

NOTICES.

To Subscribers.—We will cheerfully supply subscribers with the numbers which they do not receive, provided application is made during the month for which the missing number was issued, otherwise ten cents must be sent for any back number; the reason for this is that sometimes the publisher is applied to for the back numbers for several months, when nine times out of ten it is the subscriber's fault in not giving specific and plain directions.

All subscriptions must begin with the January number, as from January to December makes up the volume for the year.

To Publishers.—The following is a sample of hundreds of similar letters: "March 16th, 1866. I have been endeavoring for some time past to find where and by whom 'Hall's Journal of Health' was published, but am still none the wiser for my researches, and I write this note, thinking perhaps you are the publisher. If so, send me a number of your Journal. I want to subscribe for the same, and think a number of my neighbors would like to take it." Not long since a gentleman wrote that he just ascertained by accident that the Journal was published in New York city and that it had been upon his mind to take it for six or seven years. Not long ago an inquiry was made as to where that most excellent paper was published, "The Christian Watchman and Reflector." Those papers which have the name of the place of issue as part of their title have a considerable advantage, such as the New York Observer. There are three remedies: let publishers advertise more; in copying from each other, let them state the place of publication; this we have aimed to do for several years; or let the periodicals at least, devote a page now and then to the time, character and price of their exchanges; we did this several years, to the great help of others, but not a penny to ourself, yet it was pleasant to think we were helping others, both subscribers and brother editors; for the same reason we have sent literally thousands of newspapers and magazines to country cousins and others, post paid, when we knew the number was a good one, thinking it might bring a subscriber; and we have very many times wondered if any exchange ever did in a single instance do the same by us. But whether done or not we shall pursue the old plan, for it is a good investment to have acted in such a way as to have the consciousness of trying to help somebody. Make a note of this, brothers of the quill.

COFFEE AND TEA are among the good things of this life when the use of them is not abused. By the ordinary means of preparation a portion of the flavor escapes and is lost, this is effectually retained by the Eureka Coffee and Tea Pot sold by George B. Morse, General Agent, 389 Broadway; it is simple, cheap, convenient and economical.

West Virginia.—Its Farms, Forests, Mines and Oil Wells with a glimpse of its scenery, a photograph of its population and an exhibition of its industrial statistics, by J. R. Dodge of the U. S. Department of Agriculture, 276 pp., 12mo., published by J. B. Lippincot & Co. of Philadelphia, with a copious index. This admirably written volume will repay any reader for the time spent in its perusal and to men of intelligence and enterprise who are inclined to develope the resources of this rich domain, the book is invaluable; the volume beautifully closes thus: "with the added influence of churches and schools, rendering the moral atmosphere as pure as the physical, and making the waters of life as pure as the perennial springs of the everlasting hills, the homes of West Virginia may equal in attraction the most favored upon this continent."

Wilson's Presbyterian Historical Almanac, vol. seven, containing the annual chronicles of the Presbyterian Church, will soon be issued. To subscribers who send the money with their names \$2.00. To those who prefer to pay on receiving it \$2.25. After the Almanac is published the price to all will be \$2.50. This enterprise, for securing the materials of the history of the Presbyterian Church in permanent form has met with the highest commendation of the religious press while the most eminent ministers in the church, Professors in Theological Seminaries and the educated laity, have extended to it their hearty encouragement and patronage; it well deserves a place in the library of every intelligent Presbyterian family. Address, Joseph M. Wilson, Philadelphia, Penn

The American Tract Society, 150 Nassau street, have issued "Green Pastures for Christ's Little Ones," which is beautifully instructive and encouraging to the young who are "looking unto Jesus;" 182 pp. 16 mo. "Berthe Alston," or the good stepmother, a narration of great interest, abounding in the inculcation of Christian duties in various stations of domestic life. "Besie," or Honest Industry. Every boy will revel in the reading of this suggestive little volume, and will arise from its perusal with strong resolves against idleness and all wrong doing, and if made in the strength of Him who so much loved little children when he tabernacled among men, a long and happy and useful life will be the pretty sure result.

AIR PURIFIER, by A. S. Lyman, 212 2nd av., N.; Y. city. This is an apparatus for purifying the air of rooms and sleeping apartments; it is placed at the head of the bed, increasing its length but thirteen inches, and is so made as to seem to be an ornamental part of the bed; it certainly accomplishes two things. 1st. It purifies the air. 2nd. It reduces the temperature of a room when required twenty degrees, at an expense of two cents per hour: when understood, the apparatus is simple, requires but little trouble, which bears no comparison to the comfort given, in reducing the temperature of a chamber twenty degrees on a June night, and giving to fevered patients a cool and pure air to breathe, which does more than all medicines to promote the convalescence of the sick from any disease.

Farm House Milk, with all the cream, pure and sweet, is furnished daily at 12th street, near Broadway, and at corner of 37th street and Broadway, by the Rockland county and New Jersey Milk Association, under the vigilant superintendence of J. S. Canfield, Esq. It is the purest milk ever served by milkmen in the city of New York. Persons who are changing their residences cannot do better than to patronize this company.

The article on Ventilation is in reference to a new mode by

I. Pitman, Esq. of Providence, Rhode Island.

The Office of Publication of Hall's Journal of Health hereafter will be at 11 Bible House, E. 8th St., New-York.

VENTILATION.

"We all seek health and comfort and yet are neglectful of the means to obtain them, and are willing oftentimes to substitute what is very imperfectly adapted to the purpose and continue its use from habit, rather than avail ourselves of a better way; there is no one thing in the routine of daily life which so much contributes to both health and comfort, as a thoroughly ventilated dwelling; it keeps the air of home fresh, gives a genial tone to the spirits, keeps us wide awake, the muscular system in a healthy state of tension, imparts zest to an appetite. making the preparations of the table more palatable, protects the nervous system from all unpleasant and uncomfortable draughts of air and prevents taking cold, maintains a uniform circulation of the blood, does not overtax the lungs, promotes ready and regular digestion, suggests a pleasant word instead of a fretful one, makes sleep sweet and refreshing, and even infuses into dreams an halo of peace, allows greater scope and activity to the imagination, a clearer action to our ideas, assists the judgment in matters pertaining to its exercise, in fact affects the well-being of body and mind in all their functions; all this will be found true upon careful thought on this matter, pure air is the very life of all things. The manner and ways by which we are affected by thorough ventilation, or no ventilation at all, are numberless; the latter, every year, sends more to the grave than the victims or their friends are aware of; disease preys more actively on the constitution under this condition of bad air and may be easily communicated, whereas under good ventilation they would be checked; more colds are brought on by bad air indoors, than are taken out-doors: a majority of the colds under which people suffer in winter can be traced directly to the condition of the air in-doors, and rarely can one be attributed to the state of the air out-doors, whether it be rain or shine, hot or cold; not that colds always originate by breathing impure or bad air, but such air frequently, yes always aggravates a cold, and often establishes a slight cold upon the system, which otherwise would not have become fixed. stubborn or fatal. With all the advantages on the side of thorough ventilation and all the dangers and discomforts on the VICTOR ACTOM

other, of non-ventilation, who would not choose that the former condition should be that of the house where he resides, instead of the latter. Many times there is a feeling of lassitude, sleepiness, dullness or stupidity, which is attributed to the state of health, when it is really the air we are breathing which lacks vitality; living in a house illy ventilated, always containing more or less of vitiated air, will more or less, sooner or later, affect the state of health, a too hearty dinner is made much more injurious by remaining in-doors where the air is not pure, than by going out of doors where the air is pure, although immediate exercise after dinner should be avoided. In the summer there is no difficulty in getting the best of ventilation, but in cold weather when fires are in request, then some system of ventilation becomes imperatively necessary, if our health and comfort would be properly protected and cared for. In this climate many attempts have been made, and large sums expended, to attain to a thorough and perfect ventilation, but they have heretofore been only partial and very imperfect, and whenever ventilation has been accomplished it has been done in an imperfect manner at best, and at a heavy additional cost for fuel, for the reason that the demands of a perfect and thorough ventilation have never been complied with. What is required for the complete and thorough ventilation of a dwelling house? We must go to nature herself, and enquire, and she will answer, three things are requisite; the same which we find existing out of doors. In the open air there we find the air to be constantly in motion we also find it to be constantly changing, we also find it to be uniform in temperature whether it be warm or cold; make these the conditions of the air indoors and there must be perfect and thorough ventilation, no matter what may be the means by which these conditions are effected or produced. In order then to have perfect and thorough ventilation indoors we must, 1st, keep the air in constant motion, 2d, make the air to be constantly changing, 3d, have the air equalized and made uniform in temperature. When these requirements are complied with then we shall have our dwellings ventilated in the best and most perfect manner."

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Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. XIII.]

JUNE, 1866.

THE LAWS OF CHOLERA.

The radical cause of Asiatic Epidemic Cholera is a something added to the atmosphere which does not materially belong to That radical, originating cause cannot, of itself, bring on an attack of cholera any more than powder will explode without the application of a spark. This spark, as to cholera, is any thing which debilitates the human body; which depresses its vital power, the general health, below its natural standard. Cholera cannot attack a man when he is in good general health. No one single case of the kind has ever yet been brought to light in any part of the world, after a careful medical and anatomical investigation by competent professional men. In every single case where the person attacked was reported by friends and neighbors to have been in perfect health up to the moment of attack, it has never failed to have been found, when calmly investigated, that some organ of the body had been out of order; some function of the system had been suspended; some unusual and unhealthful condition of the organism had been present, or some surroundings of the patient had been changed, so as to invite disease; that is, some agent had been at work which was calculated to undermine the physical, moral or mental health of the patient, and thus de-bilitate the general system.

FEAR.—Sudden emotions of alarm or apprehension make some persons "as weak as water." Surgeon Phillips of the United States Army, relates in the November number of the Medical and Surgical Reporter, of Philadelphia, that a sentry who had to do duty in the passage of a cholera ward, was at his post quite well, but became alarmed as soon as he learned that there were cases of cholera in the rooms; although he could not see them he became very nervous, no assurance could quiet his apprehensions, so that he had to be relieved, and "died within two hours." It is, therefore, clear that fear so debilitates the body as to make it susceptible of an attack of malignant cholera in a cholera atmosphere. Physicians even of moderate experience, know that in the healthiest times, and among persons in good general health, diarrhoea is an immediate result of any depressing excitement, and Asiatic cholera is only an exaggerated diarrhea. O SWAI WIFT

LIQUOR of any kind makes a man stronger for the time being, but when it begins to die out, he is weaker than he was before he drank anything, and in that condition he is a fit subject for an attack of cholera when the disease is prevalent. A writer in the Richmond Medical Journal for February, 1866, states from personal knowledge that when the cholera appeared in the lower part of Wheeling, a few cases here and there, every case died; every victim had been in the habit of "taking a drink."

EATING HEARTILY.—A man is not as able to work, nor a horse to travel immediately after a full meal as he was before, or as he would be an hour or two later: there is a want of vigor, or animation, of strength; hence, hearty feeding in cholera times invites the disease.

Cleanliness.—One fact has been observed all over the world. In all localities where fevers ordinarily prevail cholera feeds and becomes more unmanageable and malignant. All know that fevers most abound in warm weather; in marshy places; in flat, low, wet, and filthy localities. New Orleans is a perfect type of such a situation. Taking four years preceding the war; and fours years during the war fewer persons died of yellow fever in New Orleans, in all these four years, than died in

a single year previously, simply because the United States authorities compelled universal cleanliness. The streets and yards of dwellings were kept clean and dry by judicious draining and scrubbing; and cleaning and whitewashing were the order of the day. Confirm an interagence around all 1821 at

The city of Worcester, England, has been twice ravaged by the cholera; to prevent a third visit, the authorities inaugurated such a system of "cleansing" in every street and alley and dwelling that "not a house was entered" by the destroyer, while the most frightful desolation prevailed among the neighboring cities.

In the "Metropolitan Buildings," the great tenant house of London, in which "the health regulations were complete," and which contained five hundred occupants, there was not a single case of cholera; and yet, in the same district, the epidemic was very fatal. In one of our own large cities one ward was thoroughly inspected and cleaned, in anticipation of the advent of cholera; it came, and only one house suffered. On a more minute inspection, a heap of noisome house offal of several years accumulation was found in a dark corner of the cellar, and which had been overlooked.

The cholera fell fatally on a village fifty miles from Montreal, with which there was daily intercourse; the disease did not spread around that village, not a single case occurred in all that long highway af trade and travel; but after a time it did appear in Montreal itself.

Between Wheeling, Va., and Bridgeport, a distance of a half-a-mile, a ferry plies, an island and two branches of the river intervened; the cholera ravaged Wheeling five weeks, and then appeared for the first time and suddenly at Bridgeport, destroying nearly the entire population.

Two emigrant vessels left Havre in October; 1848, one for New Orleans, the other for New York; Havre was "unaffected" at the time of their departure. Sixteen days out, the cholera appeared on board the New York vessel; and 37 days out on the New Orleans ship; the disease did not spread at New York, but it did in New Orleans. Several vessels and steamships have left affected European ports and arrived at

our shores without a single case of the disease. The cholera first nestled several years about the mouths of the Ganges and then took a general north-westerly course which, in the main, it continued until it encircled the globe.

In 1831, the cholera appeared in Berlin, spread north to the Baltic, thence west a thousand miles to London, thence south, over two hundred miles, to Paris at the end of six months. But Paris is some five hundred miles only from Berlin, between which two places there was perhaps the most constant inland communication by travel and traffic in all Europe.

In May, 1865, the Cholera appeared at Cairo, in June at Constantinople, near a thousand miles North; thence west, over a thousand miles to Marseilles, and in five months, it appeared in Paris, over four hundred miles north, and yet there is an incessant stream of travel by land between these two places. In one month, it traveled a thousand miles from Cairo to Constantinople, and yet was five months in traveling from Marseilles to Paris, one-half the distance; these cases show that great lines of travel and trade do not always carry the Cholera along, and as natures laws are always uniform, under the same circumstances, some other theory for Cholera propagation is needed, one which will answer all the conditions: meanwhile we cannot do better than to fall back on the hypothesis already taken in this article, that two things are always essential to the presence of epidemic Cholera in any place, first, there must be a cholera atmosphere, and it must meet acting and generally prevalent causes of bodily for mental debility, which are fear and despondency as to the mind; and as to body, the exciting cause of epidemic fevers. which is miasm, an emanation from the earth, wherever there is heat of eighty degrees, and moisture and vegetable decay, such as leaves, wood, grass, &c., in bottom or flat and made lands, and the great practical desson is, that should the cholera appear in the United States during this present, year of 1866; the fearful, the infirm, the debilitated should, as far as possible, and as soon as it can be done, remove to high land situations, and remain there until there have been several frosts at their own homes, gulf batsoffa the over laideausta As to all these facts, two things we do not as yet know. First, we do not know what that is, which added to an atmosphere usually healthful makes it a cholera atmosphere. Second, we do not know the law of the spread of a cholera atmosphere. But we do arrive at certain practical conclusions, which are of immense sanitary and commercial importance.

First. A cholera atmosphere is not necessarily diffused by means of lines of travel and trade. Second Cholera cannot be quarantined from our shores. Third. The fundamental cause of epidemic Asiatic Cholera, is a cholera atmosphere. Fourth. The immediate exciting cause of this disease is filth, or a debilitated condition of the system. Fifth. There can be no epidemic Asiatic Cholera unless the cholera atmosphere and the exciting causes are both present at the same time. Sixth: The ravages of the disease in any community is measured by the degree of the prevalence of the exciting causes; where dampness, warmth and filth most prevail, there will the scourge be proportionably malignant.

The facts in this article seem to authorize the conclusion that a cholera atmosphere spreads by an unknown law; that as it does not always advance in the track of wind and tide and travel and traffic, those cases which are given as proofs of this are mere coincidences. Nature's laws are infallible in their action: under the same circumstances they act in the same way; and as, in some of the statements made, it did not go in the direction of wind and travel, inter-communication cannot be a law of the spread of cholera. Quarantine looses millions of money, and results in incalculable discomfort and inconvenience. Instead of incurring these, when no one claims they can be always efficient, it would be wiser to adopt measures which all admit will ward off the disease, as facts given clearly show; measures which do not cost a tithe as much as a quarantine and which cannot but result in an incalculable amount of public good. The dictate of a true philanthropy and of undoubted wisdom is to direct attention to the securement of as perfect cleanliness as possible, in person, in clothing, in habitation, cellar, attic, street, alley, neighborhood. As the removal of filth, and cleanliness, and securing dryness by draining, have

in so many cases been followed by an entire exemption from cholera, and as embargo and quarantine are at most doubtful, and in some cases have been clearly anavailing; it seems to be the dictate of a sound common sense to direct attention to the certain instead of the uncertain.

In view of the above statements, a theory seems to present itself, which will meet all the facts detailed above. That a cholera atmosphere causes cholera only when it meets with filth or any of the causes of bodily debilitation; and as all human means have failed to arrest the spread of a cholera atmosphere, the removal of the causes of, or the condition of, bodily debilitation, is our only hope for the prevention of the disease in any specified locality; and as such a removal is a specific, and is everywhere practicable, it is our own fault if we suffer from the scourge.

The ships which left an "uninfected" port had the immediate cause of cholera aboard; want of cleanliness; and vigorous health among a crowd of steerage emigrants, and meeting with a cholera current in their passage across the ocean, as the track of the gulf stream, or of a tornado is met, the disease manifested itself; one ship found the cholera atmosphere in New Orleans and cholera material too, there it spread; the writer was a resident of that city at the time; the other ship found no cholera atmosphere in New York, and the scourge did not show itself.

The ships which left infected ports, and crossed over without a case, were clean vessels, had few passengers, who felt the necessity of attendance to the laws of health, and escaped a visitation; all going to show that epidemic Asiatid Cholera can only occur where a cholera atmosphere, the primary cause, meets with the immediately exciting cause, which is the want of cleanliness in person, habitation and neighborhood. Single occasional cases, called sporadic, are not taken into account; the aim has been to establish great general principles, and the attention of scientific men and those of leisure and cultivation is invited to a collection of well authenticated whole facts, and if they all are explainable on the sentiments we have advanced, then a great advance is made, if they cannot be explained they may lead eventually to the truth.

CHOLERA PREVENTED.

There is no disease known to man, which is so easily, so certainly, and so infallibly cured, as epidemic Asiatic Cholera; nor is there any other important disease which can be so certainly and so soon discovered in any particular case. The great predominant symptom is a large, painless, weakening looseness of bowels; this is not the premonitory symptom of cholera, it is cholera begun! Quietude on a bed, composure of mind, and a plain, nutritious diet, will always arrest the disease, if these measures are adopted as soon as the bowels are observed to have acted two or three times within the previous twenty-four hours.

Everything swallowed to prevent cholera, will infallibly increase the chances of an attack, because all such things are stimulant in their very nature; in this stimulated condition, the body is proof against an attack, but the moment the reaction begins to take place, the moment its effects begin to die out, that moment the system begins to go down towards the natural point, but it does not stop there, it goes just as far below that, as the stimulus raised it above, and it is at this lowered point, that the disease invades, and with a malignity, intensified in the direct proportion to the amount of stimulation.

It is everywhere known that cholera most prevails where, in common times, fevers most abound; and it is just as certainly known, that the cause of epidemic fevers is most powerful at sunrise and sunset, therefore, let persons remain in doors between those hours, which includes the

time between supper and breakfast.

Cholera never attacks the body, except in its time of weakness; hence, as from the fast of the previous twelve or more hours, the body is weakened, breakfast should be taken before going outside the door in cholera times, especially as breakfast strengthens the stomach, and gives it a power of resistance against the poisonous qualities of an infected night air, and for the same reason, when the body is weak and tired by the labors of the day, it should not only be kept from the night air, but should be fortified by a warm and early supper.

Exposure to the hot sun of a summer mid-day should be avoided, nor should any labor or occupation be continued until exhaustion. The time to stop work is when the feeling of tiredness first begins to force itself

upon the attention.

Eat only plain nourishing food, such as meat, bread, rice, the starches, with milk, eggs, oranges and lemons. As fruit and vegetables in cities are sure to be more or less stale before they can be used, it is better to

discard them altogether.

Personal cleanliness is imperative, and scarcely needs to be insisted on But all these things are useless against uncleaned houses and yards. Each householder should make it a matter of conscience to keep his dwelling and place of business scrupulously clean from cellar to attic, and from the

middle of the street to the rear line of his lot.

Do not let the mind be perplexed by questions as to the contagiousness, or portability or in infectious nature of cholera, or as to the value of a quarantine, for none of these things will, of themselves, prevent an attack of cholera in any case; but bear in mind always, that perfect and infallible exemption will be the result of personal and domiciliary cleanliness, of a plain and regular mode of living, and of a composed, cofident and fearless mind. ... (... 1 u ..) 1 ...

HEALTH TRACT, No. 241.

FEAR OF CHOLERA.

There is something in the air we breathe, which makes the system susceptible of cholera. But as powder is susceptible of explosion, but cannot explode unless a spark of fire is applied, which spark is the immediate cause of the explosion, so a cholera atmosphere will not cause cholera in any case, unless an immediate cause is applied, capable of bringing out the actual disease, and which would not have been manifested without such application.

H. J. Phillips, Surgeon in the U. S. Army, relates in the Medical and Surgical Journal for November, 1865, that while he was stationed at the Military Hospital, at Valetta, on the Island of Malta, in 1855, a sentry was placed on duty, in the passage of a cholera ward, unexpectedly. As soon as he learned that some cholera patients had been brought into the building, he became so alarmed that he was obliged to be relieved, nothing that could be said had any effect in quieting his fears, and he died of the disease within a few hours.

An engineer who had seen persons in the stage of collapse, when the skin is almost black, or of a dark leaden hue, had, in working among the machinery in a dark room, unconsciously discolored his hands and arms; on coming to the light he immediately perceived the discoloration, and immagining that it was the cholera, he died the same day.

It has been stated that permission was given by a despotic government to take ten men condemned to death; five were put in beds where cholera, patients had just died, and five in fresh beds; they were informed the reverse of the facts; the next day the men who had slept in fresh beds were attacked with cholera, and those who occupied the other beds escaped any attack. A wheeling Editor, with a view to testing the fact of the communicability of cholera, went on board a steamboat in the evening, wrapped himself in the bedding, in which a man had just died of cholera, and remained in it until next morning and was not attacked. These facts show that fear, when cholera is prevailing can excite an attack, because fear relaxes the whole nervous system, it has a most prostrating effect. Cholera is a universal relaxation. Cases are very common where under sudden depressing excitement diarrhea takes place, and cholera is only an exaggerated diarrhea. These things prove clearly that when cholera is prevailing in a community, the timid should be promptly removed to some locality where it is not prevailing, and this will be their safety. It does no good and is rather tantalizing to say to such, there is no danger; they cannot help their fears, and as long as these exist, there is very iminent danger, and the sooner they are removed to some exempted place and thus regain their equanimity the safer and better. Let the removal be made cheerfully, without opposition, without impatience or moodiness, and the results will be that much more gratifying. The lesson of the article is, whatever depresses the mind, whatever un-pleasantly affects it, can excite the disease within the hour, while a calm courage and self-possession, can defy it.

HEALTH TRACT, NO. 242.

EMERGENCIES.

If any thing swallowed by mistake causes an intense burning in the throat, it is probably a "corrosive" poison, that is, destroys the textures with which it comes in contact, send for a physician. Meanwhile swallow instantly half a glass of sweet or of sperm oil or melted butter, or lard, whichever is most convenient to use, and then, within five minutes, half a pint of water in which has been stirred a tea spoonful each of common

ground table mustard and salt.

When a poison has been swallowed which has no special effect on the throat, but causes sickness at the stomach, faintness, drowsiness, stupor, or any other strikingly unusual or unnatural feeling, swallow instantly the whites of two or three eggs, and, as quickly as can be prepared, half a pint of coffee made thus: On a tea-cupful of ground coffee pour half a pint of boiling water. Stir into it the white of an egg. After allowing it to rest a minute or two, pour the liquid into a cold cup, and when it is not too hot, drink it. Then, within five minutes, pour a glass of water on a tablespoonful each of ground mustard and table salt, stir and drink it at once, so as to prevent the mustard from settling on the bottom of the glass. The egg in the stomach more instantly antagonizes a large number of poisons than any other known substance; the coffee acts thus on the next largest number of poisons; while the mustard mixture relieves the stomach of the whole of its contents by vomiting more instantly and safety than any other familiar compound. This prescription has the incalculable advantages of being always at hand; its constituents are familiar to every one; and are perfectly harmless in any quantity likely to be taken.

If a person faints, place him on his back and let him alone until he "comes to," for the heart ceased to beat with force enough to carry purified blood to the head, and when it begins to beat again, it requires less power to propel the blood there when the person is lying downthan when he is in a sitting or standing posture. Cutting garments, dashing cold water, or pouring brandy down the throat are unnecessary interferences.

If any part of the body is scalded or burned, put it instantly under cold water, and let it remain there until the physician arrives. The cessation from pain is nearly always instantaneous. If a physician cannot be obtained within an hour or two, apply a handful of dry flour to the burned part until it is covered a quarter of an inch or more deep, so as effectually to keep from it the air which causes the pain of a burn. The a piece of linen or cotton cloth lightly around, if it is possible to do so, and let the patient go to sleep. If the burn is very severe let him live wholly on coarse bread and fruits in any shape or form, but not sweetened. If the burn is not deep, there will be no suffering; healing will commence in a few hours, and, as new skin forms, the flour will drop off, or may be moistened with warm water and carefully removed. This is the best, safest and least painful treatment for ordinary burns and scalds.

EXTEMPORANEOUS SURGERY.

Even young chidren should be taught how to act in some of the accidents of life which require surgical skill. The arteries of the body carry the life's blood from the heart. If one of these is ruptured from any cause, and the blood is allowed to escape, the man will die within a few minutes sometimes, when with the aid of a stick and a string or handkerchief, either of which are almost always at hand, his life might be saved. the severed artery is in the leg or arm, and there is no string at hand, tear a strip from any part of the clothing, tie it loose around the limb, pass the stick between the skin and the string and twist it round until the bleeding ceases. If a vein is wounded or cut, apply the dust from a tea canister or common cobweb; or even without these, wrap a strip of cotton cloth around moderately tight, and then another piece around that; if the bleeding does not cease, let cold water run on the wound until it does, or until a physician arrives. But it is of vital importance to remember that the artery sends out blood by spurts or jets, and of a bright red character. If the blood comes from a vein, it flows slowly and evenly, and is of a dark red. But these directions will do no good unless it is specially, noted that if the blood comes from an artery, the application of the string must be made above the wound, that is, between the wound and the heart; if a vein has been wounded, and the same appliances are needed they must be made below the wound, or between the wound and the extremities.

If an artery is cut in a part of the body where a string cannot be applied, hard pressure with the thumb at a spot about where the string would have been applied may save life.

If stung or bitten by insect, snake or animal, apply spirits of hartshorn very freely with a soft rag, because it is one of the strongest of alkalies, and is familiar to most persons. The substance which causes the so-called poison from bites or stings, is, as far as is ascertained, generally acid. Hence the hartshorn antagonizes it in proportion to the promptitude with which it is applied. If no hartshorn is at hand, pour a cup of hot water on a cup of cooking soda or saleratus, or even the ashes of wood just from the stove or fireplace, because all these are strong alkalies, and hartshorn is only best because it is the strongest: There is no conclusive evidence to believe that burning or cutting out a bite has ever done the slightest good. The proof adduced to show that they have been effectual is wholly of a negative character, and, therefore, not decisive.

CURIOSITIES OF BREATHING.

The taller men are, other things been equal, the more lungs they have and the greater number of cubic inches of air they can take in or deliver, at a single breath. It is generally thought that a man's lungs are sound and well developed, in proportion to his girth around the chest, yet observation shows that slim men as a rule will run faster, and farther, with less fatigue having "more wind," than stout men. If two persons are taken, in all respects alike except that one measures twelve inches more around the chest than the other, the one having the excess will not deliver more air at one full breath, by mathematical measurement, than the other.

The more air a man receives into his lungs in ordinary breathing, the more healthy he is likely to be; because an important object in breathing is to remove impurities from the blood. Each breath is drawn pure into the lungs; on its outgoing the next instant it is so impure, so perfectly destitute of nourishment, that if rebreathed without any admixture of a purer atmosphere, the man would die. Hence, one of the conditions necessary to secure a high state of health is, that the rooms in which we sleep should be constantly receiving new supplies of fresh air through open doors, windows or fireplaces.

If a person's lungs are not well developed the health will be imperfect, but the development may be increased several inches in a few months by daily out-door runnings with the mouth closed, beginning with twenty yards and back, at a time, increasing ten yards every week, until a hundred are gone over, thrice a day. A substitute for ladies and persons in cities, is running up stairs with the mouth closed, which compels very deep inspirations, in a natural way, at the end of the journey.

As consumptive people are declining, each week is witness to their inability to deliver as much air at a single out-breathing as the week before, hence the best way to keep the fell disease at bay is to maintain lung development.

It is known that in large towns, ten thousand feet above the level of the sea, the deaths by consumption are ten times less than in places nearly on a level with the sea. Twenty-five persons die of consumption in the city of New York, where only two die of that disease in the city of Mexico. All know that consumption does not greatly prevail in hilly countries and in high situations. One reason of this is because there is more ascending exercise, increasing deep breathing; besides, the air being more rarified, larger quantities are instinctively taken into the lungs to answer the requirements of the system, thus at every breath keeping up a high development. Hence the hill should be sought by consumptives, and not low flat situations.

SYMPTOMS.

I suppose that in the course of my medical career I have received, literally, thousands of letters similar to the following, which came to hand April 12th, 1866, from a gentleman of position, of a superior education, and of high culture. "On account of business pertaining to my profession, I have been prevented from seeing you for several months. I am happy to inform you that I am improving; I have felt better for the last three months than I have for two years. I cannot be thankful enough for the instructions received from you. I have been busy, very busy, all this winter. Can stand the cold nearly as well as ever. I have not taken a particle of medicine since last December, except what you gave me (half a dozen pills, Ed.) My throat is nearly well. I must again thank you for your treatment. You taught me how to live, which I never knew before."

It may be instructive to make some comments on this case; this gentleman had made application six months before, had been heard from once, and not seen at all. He complained of

1. Burning and dryness in the throat.

2. On first rising in the morning his head was dull, with running from the nose and dizziness.

3. Coughing for two hours after breakfast.
4. Shifting pains in the body.

5. Raw sensation in the stomach.

6. Continued desire to eat. 7. Pain on the right side.

8. Pains back of the neck, extending to the head; when out of doors the wind seems to concentrate there.

9. Constipation. 10. Bilious.

11. Headache.12. Belching.

13. Pains in breast. The written opinion (always given) in this case was, "You have liver complaint, constipation and dyspeptia, reacting on one another, and you can get well, because your lungs are perfectly sound. There is no reason

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to doubt of your regaining your health, and living many years."

The first important step in leading to this gentleman's restoration was relieving the mind of those depressing forebodings of a dreaded disease, by showing him that it could not exist. The second was not only in showing him the impolicy of abandoning his profession even temporarily, but that it was important for him to follow it with a new energy, to have his mind fully occupied with it, even to be a little driven. It is almost impossible for an active cultivated mind to get well of any serious ailment, if the patient is placed in a condition which allows him to lounge, and loll and mope about, hanging about the house, the mind all the time reverting to the bodily ailments, going round and round in the same track, as in a horse-mill.

Third. The mode of a man's life as to eating, sleeping, clothing, exercise

and employment of time.

Fourth. A pill or two a month to relieve the system of what clogged the working of the machinery until it could get a fair start, and then to rely on general hygienic rules of life.

CELLARS.

There ought to be no cellars under any dwelling, because they are always more or less damp and musty; and are the receptacle of every variety of substances subject to decay, decomposition and the promotion of unheathful gases and odors; not one cellar in a thousand, either in town or country, is clean or dry; and as any housekeeper may verify in ten minutes, cellars are usually cluttered up with old barrels, boxes, casks. bottles, cast-off boots, shoes, hats; with bones, ashes, and various remnants of wilted and rotting potatoes, turnips, apples and other varieties of fruits and vegetables; it is the gases, the emanations, arising from these things, which cause the worst forms of typhoid and other malignant fevers. It is a benevolent arrangement of the wise and good Ruler of us all that pestiferous gases are lighter than the common air, and rise with great rapidity in warm weather to the regions of the clouds, where they can injure no one, and are either purified or resolved into their elementary conditions. Thus the disease engendering atmosphere of the cellar, rises upwards, penetrates the crevices of the flooring, and would escape from the building, but is confined to the parlors and chambers, especially on the highest floors. This is particularly the case in New York City, where the only entrance to the cellar is within the building, hence every time the cellar door is opened a crowd of foul emenations rush upward to impregnate the air of every apartment in the house. Very many of the ceilings of cellars are not even plastered; when really they ought not only to be plastered, but the eight or ten inches between the floors and the plastering should be filled in with charcoal or ashes. We have seen water closets under the stores in Broadway, which, for conditions of filthiness, are an utter disgrace to civilization. From considerations above named, the cellar should be the cleanest apartment in every dwelling; and in this moving time of the beautiful May, when perhaps half the dwellings change occupants, it is peculiarly convenient, when a cellar has been emptied by the movers out, for those moving in, to have the cellar most completely emptied of every thing not fast attached to the building; let every avenue of grating, door and window be left open day and night for at least a week; the floor, walls and ceilings or joists should be swept several times; the walls and ceilings whitewashed with two or three coats; the floor well washed and then rinsed with water, and unslacked lime or powdered charcoal should be liberally scattered wherever there is any appearance of dampness, so as to absorb all odors arising from moist and dark places. In a large district in a city the cholera appeared in only one house, traced to a pile of kitchen offal in a dark corner of the cellar.

FILTH AND PURITY.

If, on some cloud chariot in rosy June, the reader could be transported across continents and seas, and alight amidst one of the villages of the Ferroe Islands, off Scotland, he would find a condition of noisomeness and filth around the dwellings, which could not be equalled in any village community on the face of the globe; yet, in all the wide world, there is not a people that enjoys such an exemption from sickness and death; only twelve out of a thousand die in a year; but twenty-four out of every thou-

sand of the population, die in the United States, annually.

Not long ago, a malignant disease appeared in a farmer's family; every circumstance compelled the intelligent physician to believe that it had a local origen; but trees, and lawn and garden, with whitened fences, showed that there was industry and thrift, and elevation in that old homestead; but upon a vigilant inspection, a depression was found not far from the kitchen door, into which every basin of water, whether from washing the hands, the dishes or milk pans, found its way, after it was dashed out from the kitchen door; the soil was saturated with it, but no odor was observed to arise from it.

When the Paris authorities ordered a grave yard to be dug up, many bodies were found to have been converted into what was called Adipocre. The stench was such that some of the workmen fainted, and but few could keep their places more than half an hour at a time, when they had to rush into the pure air; yet not a single case of disease occurred during the

several weeks the operations were continued.

When we lived in New Orleans many years ago, we knew, if any epidemic was prevailing, whether cholera, or yellow or congestive fevers, and the atmosphere of sundown and early morning was peculiarly balmy, and seemed as pure and sweet as angel zephyrs, that the disease would become more malignant for several days afterwards; proving the before known fact, that the cause of fever in the air-marsh miasm-was not perceptible to the senses. The beautiful consistency of these apparently most contradictory facts, shows at once the goodness and wisdom of our common Father in Heaven; the very sight of filth and accumulations of house and kitchen offal is demoralizing, hence such an offensive odor is connected with it, as to compel a greater or less attention to its removal or abatement. The destruction of all vegetable products is necessary, as a fertilizer; the gas of these, marsh miasm, is free from smell, and man's higher powers of reason are brought into requisition to search out and counteract these disease engendering influences. The Ferroe Islanders live by fishing; from May to November their villages are entirely deserted, and they live upon the sea, inhaling day and night its pure and luscious air. In winter, averything is frozen stiff and remains so, hence there are no odors and no decay. As to the infected farm house, the prevailing wind was from the filth-saturated depression towards the house, and this air was breathed day and night. Heat rarifies all noxious gases and odors, and sends them to the clouds; these are most pernicious at sunrise and sunset, hence building fires in the family sitting room at those hours, will, other things being equal, exempt families from epidemics, chills and fevers and perhaps even cholera itself.

WEIGHTS AND MEASURES

Convenient for sick and well and domestic purposes. If a dose of medicine for a man is sixty grains, then a one year old requires five; 2 years, eight; 3 years, ten; 4 years, fifteen; 7 years, twenty; 14 years, thirty; 20 years, 40.

Sixty drops make one teaspoonful, or one dram; four teaspoonfuls make one tablespoon; two tablespoons, an ounce; two ounces a wineglass: four ounces a teacup or gill, or quarter of a pint; sixteen ounces, one pint.

A French metre or measure of length, is in round numbers, thirty-nine inches; the Litre, the measure of capacity in cubic inches, sixty-one. The gramme, the measure of weight, is sixteen and a half Troy grains

The killogramme is two pounds.

A box four inches long, four inches broad, and two and a quarter inches deep, holds one quart; if four by four, and four and one eighth inches deep, it holds half a gallon; if 8 by 82 and eight inches deep, it holds one bushel; if 24 by 16 and twenty-two inches deep, it holds one barrel. A convenient half bushel box is one foot square, and seven and a half inches high. As 2150½ cubic inches make a cubic foot; any three dimensions of a box multiplied together and making 2150½ inches, measures a cubic foot. A box, a foot square and nearly fifteen inches deep (14 934-1000) holds one bushel. The solid contents of a bin, multiplied by four and divided by five, gives the number of bushels contained. A bushel lacks ten cubic inches, or one third of a gill, of being one and a half cubic feet.

A Decoction in medicine, is an ingredient boiled in water.

An Infusion is a medicinal leaf, bark, root, or wood, soaked in water hot or cold.

A Mixture is several liquid ingredients made into one.

A Solution is a solid, dissolved in a liquid, as sugar in water.

A Saturated Solution is when the liquid will dissolve no more of that

solid, and the undissolved part falls to the bottom.

A Tincture is the strength of any substance withdrawn from it, by being soaked in alcohol or any other spirit. Alcohol is the foundation of all spirits, it is the principle which causes drunkenness; its constituents are found in all vegetable substances, and has different names according to the substance out of which it is made, thus, when made from grain, as wheat, rye, or corn, it is called whiskey; if from grapes, it is Brandy; if from sugar cane, it is rum. Gin is whiskey flavored with the juniper berry. Bourbon whiskey is made from corn, or rye, in copper stills, but it is said that the same materials managed in the same way will not make the is said that the same materials, managed in the same way will not make the same article, except in or near Bourbon County.

All wines are radically alike, made of different materials, but causing intoxication according to the amount of alcohol in them, and without

which principle they would all fall into disuse.

A cubic foot of water weighs 62½ lbs.; of seasoned wood 40 lbs.; of coke 50 lbs.; of coal 75 lbs.; of sandstone 140 lbs.; of granite 180 lbs.; of east iron 450 lbs.; of wrought iron 480 lbs.

MEDICINAL TERMS.

Anodynes, cause sleep, as opium, hops &c.

Astringents, bind, close up, contract, as vinegar and the persimmon.

Cathartics empty the bowels by purging, as salts and castor oil.

Diaphoretics cause perspiration, as hot herb tea.

Emelics empty the stomach, as tartar, Ipecac, tobacco, &c.

Expectorants loosen the phlegm in the lungs.

Irritants draw the blood to the part away from the painful spot, and thus relieve, as a mustard plaster; thus giving the ailing part time to heal.

Liniments are irritant, in a liquid form.

Lotions are washes to cleanse or soothe.

Refrigerants are to cool in fevers, as acids, lemonades, &c.

Tonics are intended to give strength, as bitters, made of vegetable remedies.

The practice of medicine consists in knowing what is the matter, what is needed, and what will accomplish the object. The first requires observation, the second judgment, the third experience, and he who possesses these in the greatest measure will always be the most successful physician, however great may be the intelligence or ignorance in other directions. The physician who is master of his profession, knows what part of the body is affected, how it is affected and what will remove the affection, all that is uncertain is, "Will the ship answer to the helm?" Will the constitution in a specific case, be capable of being acted on by a remedy and have the power to rise, after such action? If a mustard plaster is applied in an external case to the ankles, and there is life enough for it to draw, the man is saved; if not, all the vitality is gone and he dies.

A physician learns by appearances or feelings what is the matter with a man, what part of the body is affected, and knowing what medicine usually acts on that part, he gives it, and the man is saved. He cannot tell why a certain remedy affects a certain part, but he knows that it does and that is sufficient. Spirits "act on" the brain; fumes on the lungs; ipecac, on the stomach; rhubarb on the upper bowels; aloes on the lower; mercury on the liver; watermelons on the kidneys; strychnyne, on the nerves; ergot, on the womb.

Brandy makes a man as funny as a fool. Opium makes him as stupid as an ass. A hop infusion will put him to sleep. Tea keeps him wide awake. It is on these facts, and principles, that the whole science of medicine is founded; principles on solid as the Cordilleras, and as lasting as the ages; hence, those whose prejudices prevent them from taking medicine in case of sickness are constructive suicides, and he who derides the healing power of physic is a fool.

BILLIOUSNESS.

Is a greater amount of bile in the blood, than is natural; the result of which is, the eyes and the skin begin to wear a yellow appearance, while various other symptoms manifest themselves according to the temperament, habits and peculiarities of the individual; one has sick headache; another complains of a want of appetite, sometimes loathing the very appearance of food; a third has cold feet and hands; a fourth has chilly sensations, involving the whole body, or running up and down the back; a fifth is costive, women become hysterical and laugh, cry, or talk, while men are moody, pevish, or morose. Bile is naturally of a bright yellow color, but as a man becomes more bilious, it grows darker and is at length as black as tar, causing a state of mind, which the old Romans called atrability, "atra" meaning "black"; a scowl is on the countenance, and the person is ilnatured and fretful, finding fault with everybody and everything: hence when a man is cross, he is bilious, and ought to be pitied, and at the same time, be made to take an emetic. The ilnatured are never well, they are "bilious," the system is clogged, the machinery does not work well, and both mind and body are disordered. The safest and best method of getting rid of biliousness is steady work in the open air, for six or eight hours every day, working or exercising to the extent of keeping up a gentle moisture on the skin, this moisture conveys the bile away out of the system, the same result will be accomplished, but not so well, by a good steam bath, or by wrapping up in bed, drinking hot teas, thus "getting up a perspiration," but the atmosphere of the room should be pure, and the diet for several days should consist of coarse bread and fruits. Medicines which "act on the liver" will do the same thing, but they should be advised by the physician, when other means have failed.

The office of the liver is to withdraw the bile from the blood; it is the largest workshop of the body, and is at the right side, about the lower edge of the ribs. When it does not do its work, it is said to be "torpid," asleep, and medicines are given to stimulate it, wake it up, make it act, work faster than common, so as to throw off the excess of bile. When it does not withdraw or separate the bile from the blood, the skin grows yellow, also the whites of the eyes, and the man has the "Yellow Jaundice." When it separates the bile from the blood, but retains it within itself, constipation ensues, appetite is lost, spirits become despondent, and the person is languid, lazy, fretful, and irritable. The liver is in a sense like a sponge, and the bile may be pressed out of it, as water out of a sponge, by pressing the ball of the hand over the region of the liver downwards, from hip to "pit of stomach," two or three minutes at a time, several times a day; this is a good remedy in dyspeptia, and also relieves the stomach of wind, giving immediate and grateful relief some-

times.

HEALTH TRACT, NO. 251.

TRICHINIASIS.

All hatless and shoeless, with foxy hair and shirt sleeves shivering in the wind, a countryman gallopped into New Haven, exclaiming at the top of his voice "The Oliver Ellsworth has boiled his buster! The Oliver Ellsworth has boiled his buster"!! the steamboat of that name having exploded a few miles from town causing great havoc of life and limb, and this messenger was sent for aid for the wounded and dying! So with newspaper writers about the "pork disease," in the tumult of their minds they have run away, and not knowing what they say, have wrought consternations dire in nervous wives in the city; while thrifty dames in the country have emptied their snow-white lard pots into the river, and thrown their delightful smoked hams to the dogs. It always breeds mischief to run away with half a fact, especially if it is a practical one. A parcel of thick headed Dutchmen in the father-land, too lazy to cook their sausages, have impregnated their blood with myriads of animalcules, which imbedding themselves in the flesh, propagate with amazing fecundity and the body is eaten up piecemeal and alive, by worms, scarcely larger than a human hair, the person dying in excruciating torture; whereupon these hair-brained youngsters of the press under the pressure of lager and gin slings would persuade the people that "Death is in the pot" of pork, inevitably and under all circumstances; completely ignoring two important facts, that

1st. Not a dozen authenticated cases have ever occured in the U. States.

2d. Only those who eat raw pork suffer from the disease.

Any one who is too lazy to cook his pork sausages ought to be wormy; he ought to be imbedded in fleas for the compulsive exercise of vigorous scratching.

It argues a brain all void of thought, to suppose that a microscopic insect could survive a two or three hours boiling, or exist in a frying pan, hot

enough to blister an elephant.

No doubt the water cure people are in rhapsodies with a "Told you so," as they have been insisting with all the power of demonstrative, bare assertion, reiterated the millionth time, that pork was poison; that it bred all the scrofula in the world, and that if its consumption as food were persisted in, the race would, at no distant day become extinct, all but themselves. As pork has been the main stay of the nation for hundreds of years, and statistics tell us, the average duration of human is life steadily increasing, we would advise the people to eat as much "ham and eggs" as heretofore, not to discard "Pork and Beans," to revel in sausages in their proper season, to supply themselves with a good store of hogs lard, every autumn for the years' use, and dismiss all apprehension of being eaten up alive by pig-worms; but always cook these articles most thoroughly.

NIGHT WORK.

Many of the most brutal murders, and greatest crimes perpetrated in the city of New York, are committed by persons under twenty-five years of age; this shows a very early corruption of morals and as an eminent jurist once said, is easily traceable to the habit of being from home after dark. Lord Shaftsbury statod fron the bench, that in nearly all the cases of great crimes which came before him the evidence showed that the moral character became vitiated between the ages of eight and sixteen; these two terrible facts put together should make every city parent especially, tremble; and if it should lead to the adoption of the following suggestions, it will save many a heart from going down in sorrow to the grave, from an embittered old age.

Do not allow your children to form the habit of "going home," to spend the night with their companions, no not once in a year.

Keep them out of the street after sun down, unless you are with

Do all that is possible to have a loving, cheerful and happy fireside, as a means of winning them from the street. Much can be done in this direction by providing amusements, and having the children occupied in something which is interesting, profitable or new.

Keep the birthdays; let them be occasions of harmless festivities: arrange that all the holidays too, shall be observed appropriately. Little parties given now and then to those of their own age, is a source of much delight to children, and they may be so conducted as to be of great benefit morally, socially and physically.

Let the father and mother remember that the exhibition before their children of a loving, affectionate and quiet deportment towards one another in the home circle, is a powerful bond of union in a family; the very sight of it wakes up affectionate sympathies in the hearts of children, and cherishes the same delightful feelings in themselves; and soon the house becomes a home of love and quiet delight; within half a mile of us, there are quite a number of families of this sort, some of them among the wealthiest in the city, but it is singular to observe that in almost every case it is in consequence of the mother's all pervading influence, mothers who are quiet, gentle, lady like, but firm in the right always. Many homes are made distasteful to children by incessant restrictions and criticisms; by innumerable rules and regulations. A household is better regulated by an affectionate pliancy, than by an inflexible rigidity; yielding in non-essentials, but firm as a rock in all questions of right and wrong. The night work from eight to sixteen determines the life character of millions.

NIGHT AND DISEASE.

Sickness and death generally come in the night; it is then, when the body is in a state of weariness from the labors of the day; when, in addition the heavy night-damp has its depressing influences, and the bright sunshine and the light balmy air of all out doors is not present to invigorate and enliven, it is then that the human organism is most susceptible to adverse influences, and is less capable of resisting and warding off the approaches of disease and decay and death. It is the out doors and the sunshine which so oxygenates the blood, and imparts to it a sparkle and a life as it courses through artery and vein; every step becomes a pleasure, every thought a happiness, and it is delicious even to breathe. Now what is it that gives to the out-door air of a clear sunshiny day all these soul thrilling qualities? it is the greater amount of oxygen with which the sun loads every breath we take, which makes all the difference between the joy of the out-door sunshine and the chamber of midnight; and if we could but breathe this highly oxygenated air all the time, men would, other things being equal, double the time of life and be still young in heart and feeling at the age of a hundred years. But, most unfortunately, and not necessarily either, one clear third of our entire existence is spent in breathing a vitiated air, an atmosphere so full of heaviness and dust and odors of a close confined bedroom, as to exclude the more aerial oxygen, hence so many of us, and so often, wake up in the morning with a feeling of tiredness or unrest, that is absolutely distressing, instead of waking up to mirth and laughter and song; a very large part of domestic bickering, which poisons the peace of families arises from the fact, that the parents having slept in an ill-ventilated apartment, have not been refreshed, their sleep has not rested them; every breath taken into the lungs was so impregnated with grosser impurities that it could not take in the more etherial oxygen, whose office it is to absorb the impurities from the blood and carry them out of the system; hence both brain and body are depressed. the moral nature imbibes the evil influence, and both husband and wife wake up to carp, and complain and scold, dampening the spirits of the children, irritating the servants, making a veritable hell in a household which ought to have been a heaven. The importance then of sleeping in an air as pure as possible, socially, physically and morally, can scarcely be over-rated; hence sleep in the highest, largest, best-lighted rooms in the house with open fireplaces and a little fire burning during winter nights, no standing liquids, and with as little carpeting and furniture as possible, in short an almost empty room, unpapered walls, hung with beautiful pictures, paintings and engravings, calculated to elevate the mind, to purify the moral affections, and to giv a direction to thoughts in the beginning of the day, which shall pervade the whole character and conduct, for good, until the pillow is reached again in the early evening.

NOTICES.

OUR DAUGHTER'S SCHOOLING .- The sisters Bucknall have retired from the more arduous labors of a large school for young ladies in New York city, and have removed to their beautiful country seat near New Brunswick; where, not abandoning a field altogether, in which for so many years they successfully labored, they will still continue to give instruction to a select few; this will be interesting intelligence to their patrons and scholars, which latter, after entering married life, have repeatedly come to their former teachers for the express purpose of assuring them how much they appreciated their fidelity and conscientious and untiring efforts to make their moral and literary education what it ought to be, and which they more highly valued now, than when they stood in the relation of pupils and teachers; this simple fact of itself tells volumes in just praise of these admirable and able instructors of so many of the daughters of New York.

The Boston American Tract Society, fully alive to the importance of the subject, have issued "The Freedman's Reader" and "The Freedman's Spelling Book" which are admirably adapted to the purpose for which they were intended. Also the "Beloved Disciple," by J. W. Kimball, treating of Faith, Love, Purity, Gravity, Humility, Courage, Honesty, Benevolence and other practical christian virtues; these books are to be had at 28 Cornhill, Boston and at 13 Bible House, New York city.

EVERY SATURDAY.—This Weekly is, in our opinion, precisely what it claims to be,—a journal of choice reading selected from current literature. The editor has the range of all the English and Continental Reviews, Magazines, and first-class Weeklies, which press into their service the ablest, wisest, and wittiest writers of Europe. From this almost immense storehouse, he selects that which he judges best adapted to suit the taste and intelligence of the American people.

The selections in the numbers already issued have embraced a wide variety of topics,—all of interest to cultivated minds, and nearly all of a character to be highly attractive to the majority of American readers. There have been excellent short stories, thrilling adventures, exquisite poems, graphic historical sketches, popular scientific articles such as appear originally only in English and French periodicals, racy essays in biography, criticism, and anecdote. In fact, it contains the cream of foreign current literature, and is offered at a reasonable price.

Each number being complete in itself, it is just the thing for travellers; and each number is of such sterling merit that it is just the thing for those who stay at home. Whoever wishes the freshest and choicest foreign periodical literature, must get "Every Saturday." It is published by Ticknore & Fields, Boston.

S. V. S. Wilder, The Life of, 404 pp. 12 mo., published by the American Tract Society, 150 Nassau St., New-York. Mr. Wilder was born in Lancaster, Mass., in 1780, and died in 1865, in the bosom of his family, surrounded by children and grand-children. It is the record of a good man, who in all his intercourse with men of distinction and influence at home and abroad, never failed to let his light so shine, that all took knowledge of him that he was a christian. He was intimately associated with such men as Fulton, Madison, Monroe, Jackson, Morse, and others; the book is full of incidents of life in France, Paris, court life, &c.; it is highly instructive, and is well worthy of a very general perusal; in many portions of it, it is stranger than fiction.

THE BANKERS OF THE WORLD.—" The Merchants and Bankers' Almanac for 1866," one volume octavo, published at the Bankers' Magazine office, N. Y., contains lists of 1620 National Banks, (with names of the President and Cashier and N. Y. Correspondent of each), 400 State Banks; 1100 Private Bankers in the U. S.; Banks and Bankers in London, Liverpool, Dublin, Edinburgh, Leeds, Manchester, Birmingham, &c.; 600 Bankers in Europe, Asia, Africa, Australia, the West Indies, South America, New Zealand, Mexico, Canada, &c.; Alphabetical list of 2000 Cashiers in the U. S.; list of 300 Savings Banks in New England and New York, with the deposits of each; Bank Statistics of the U. S.; list of Standard Works for Bankers; prices of Iron, Copper, Coal, monthly at N. Y. 40 years; Daily price of Gold for four years, 1862-1865; and six engravings, viz.: 1. The New York Stock Exchange, (erected 1865); 2. The Paris Stock Exchange, (1808-1826); 3. The Bank of England; 4. Banking Houses, Wall Street; 5. New Insurance Buildings, Broadway, N. Y.; 6. The Mutual Life Insurance Company of N. Y. Price \$2.00

'Stonewall Jackson,' A minute account of his last moments and death, by Hunter McGuire, M. D., Prof. of Surgery, and Medical Director &c. It seems that General Jacksons' death resulted, not from wounds received in battle, but from having fallen while being carried from the field. His last words were, "Let us cross over the river and rest under the shade of the trees." He refused to take brandy. "I want to preserve my mind, if possible, to the last." The whole narration is intensly interesting, as found in the Richmond, Va., Medical Journal for May, 1866, \$5 a year, single Nos. post-paid, Fifty cents; this number contains also interesting articles on Hip Deformities, Progress of Surgery, Gun-shot Wounds, Military Hospital experiences &c.; it is a most valuable number.

Deformities and blemishes of the face, eye, nose &c. are treated with singular skill and success by Dr. Daniels at his rooms on Union Square, New York city, corner of 14th St. & Fourth Avenue, as also all ailments requiring the clear sight and steady hand of a practical surgeon.

ONE THOUSAND ACRES of fertile land, with a dwelling, in Cumberland Co., East Tennessee, on the direct road from Nashville to Knoxville and from Cincinnati to Chattanooga and Charleston, S. C. can be purchased for Five Thousand dollars cash; part timbered, part prairie; or would be exchanged for productive real estate in New York city or Brooklyn, apply to P. C. Godfrey, 823 Broadway, New York.

Comparative Physiognomy, or resemblence between man and animals, by James W. Redfield, M. D., 330 engravings, W. J. Widdleton, New York Publisher. The New York Observer of May 17th, says: "The reader cannot fail to be entertained with this book, aiming to show that there are strong points of facial resemblence between men and animals, and that this outward resemblence is indicative of a character similar to that of the animal whose likeness is seen in the human face. The argument is not less ingenious than the illustration, and its aim seems to be to discredit phrenology, and establish physiognomy as a more reliable index of character. Sent post-paid for Three Dollars.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, IO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. XIII.]

JULY, 1866.

[No. 7.

MORAL HYGIENE

Is the relation between the state of the mind and the condition of the body. There are some who can say things which "hurt the feelings" of others with perfect indifference, without any compunctions whatever; these have rude natures always, and are just as low bred as a certain kindred class who seem to pride themselves on their "bluntness," which they are wont to dignify by the term of "frankness;" a proper analysis of such minds will show that they are wanting in the finer feelings of our common nature and in that delicacy and refinement which makes all the difference between the courtier and the clown. A gentleman or a lady may inadvertently "hurt the feelings" of another, but to do so deliberately, is as impossible for them, as it would be for a christian to commit a sin intentionally. It may not seem much to wound another's feelings, but who does not know that both men and women have been "mortified to death" literally; have committed suicide while laboring under the influence of wounded sensibilities. Many a delicate nature has been pained to the quick by being passed on the street, without recognition from a friend or an acquaintance, especially if superior in social position. Many a worthy heart has pined in oppressive sadness for weary weeks, at not having been invited to a party given by some associate. One of these "woundings" may not be much, but repetitions may be ruinous. One slight scratch of a pin may

be a triffing matter, but its repetition in the same spot will soon induce fearful convulsions; a drop of water on the head from the height of a yard or two is not much, but if repeated for a time, it is said to induce insanity. There are at all times persons pining away into the grave from the influence of mental states, as remorse, wounded vanity, mortified pride and misplaced affection. If then the preservation of life, and the maintenance and promotion of health are duties incumbent on all, as none will deny, then do we owe it to ourselves, to our neighbors, friends and kindred, to do all that is practicable to promote in one another pleasant, agreeable and profitable states of mind; and on the other hand to avoid scrupulously and studiously doing or saying anything which would wrongfully, uselessly or unjustly cause an unpleasant frame of mind in another, and thus, in the expressive phrase of Holy Scripture, be "void of offence."

TRUE POLITENESS

Is benevolence personified, it is the practice of kindness. There is virtue even in the form of politeness; it may be merely mechanical, still, like an air cushion, although there is nothing in it, it is very comfortable in use. Why not cultivate a pleasant mode of recognition for every one we meet on the street, however slight the acquaintance? it would many a time lighten the load of some sorrowing heart, or cause some new resolve to "try again" when on the very verge of utter hopelessness, by the inspiration of the feeling "there's somebody at least cares a little for me." It elevates the lowly to have their superiors greet them courteously; it unwittingly to themselves, begets a resolution to act more worthy of such recognition; to earn it by a better behavior, a more tidy dress, a more dignified deportment.

CHEERFULNESS.

A hearty laugh is known the world over to be a health promoter; it elevates the spirits, enlivens the circulation, and is marvelously contagious in a good sense. A poor, miserable and vulgar-minded croaker may by a single ill-tempered remark

beer that has even a trace of nutriment. It is true that beer is made out of grain, but the grain must be thoroughly rotted before it yields beer; hence it is that beer gives no real strength, the alcohol in it gives apparent strength for a time, but soon the same amount of stimulus ceases to stimulate; meanwhile they wake up to the fact and express it in this wise, "my friends say I look better and am fleshing up, but somehow or other I don't gain strength," and very soon after, in multitudes of cases, the system, to use a sailor's expression, "goes down with a run."

ANIMAL FOOD.—Different nations instinctively fall into the habit of using the kind of food adapted to their latitude, habits and localities: The Frenchman luxuriates on bread and wine in his sunny clime: the Englishman in everlasting fog and dreariness, leans heavily on beef and beer; the Dutch delight in sour krout and sausage; pork and beans, clams and pumpkin pies always delight the lean Yankee; while Western men know no heaven where there is not hog and homminy; John Chinaman makes rice the god of his idolatry; Italians feast the year round on maccaroni; the Cuban is happy amid his plantain trees, while Greenlanders believe in blubber as the summum bonum of human good; what would a Paddy be without his potatoe, or Sandy without his luxurious oat meal: and his hunting ground is the heaven of the Indian. The cannibals of a thousand years ago, are the same lovers of human flesh to-day; and none of these nations have ever died out, all of them seem to live and thrive on the aliment which a munificent Providence has strewn so abundantly around The fishermen of the Ferroe Isles live mainly on the vield of their nets, as their fathers did before them, and are the healthiest people on the globe. These facts seem to show the absurdity of the vagaries of many who set themselves up as reformers and would be saviors of the race, closing their eyes against the glaring fact that the food of the individual must be adapted to his temperament, his locality and his occupation: But in all this, the great truth stands out with unmistakable prominence that God is good, in that intending man to habitate the globe he has adapted him, with reasonable and the state of t restrictions to live any where and on any thing. And while witless hosts are ranging themselves in hostile fronts as meaters and anti-meaters, vegetarians and grapeites, (for a book has been really written to prove that to live long and healthfully we must eat grapes all day), sensible people will eat in moderation what they like best according to nature's instincts, taking their food in moderation, taking care that the fruits should be ripe and perfect, the vegetables fresh, the meat taken from well fed and healthy carcasses and all cleanlily prepared, thoroughly cooked, served in simple style, and eaten in contentment, thankfulness and joviality. Paddy at home seldom smells meat except at Christmas and Easter; when he comes to America he eats meat three times a day, and, if he lets liquor alone, accumulates money and becomes a steady, useful citizen. After seventeen years of observation, the overseer of the Devon Estates in Ireland makes the suggestive statement: "there are 6,680 persons on the estate. They are energetic, moral and well behaved. I do not remember a crime in seventeen years, not even so much as stealing a chicken. They are a contented, grateful people—grateful even for fair play. Out of six hundred farmers, deduct fifty, and the rest do not see a wheaten loaf, or smell meat, except at Christmas and Easter. They have been brought up to this custom. One tenant on the Devon estate I have seen sit down to potatoes, buttermilk and Indian meal who purchased at a recent sale \$50,000 worth of property, and did not have to borrow a shilling to pay for it. I believe this to be the usual mode of living in Limerick."

NEWSPAPER DOCTORING.

It would prevent much of human suffering and save many a life if editors would steadily refuse to admit into their columns any medical receipt or suggestion, unless the name of the writer was appended to it, and better still, to exclude every prescription without it had the name of some physician of character and eminence. Recently an item was going the round of the agricultural journals that petroleum would destroy vermin infecting cattle; a farmer saw the article and found it certainly a very efficient remedy, it killed the vermin

and the cattle too. It has been before stated that a prominent citizen was advised to apply a bit of candle grease to a pimple on his child's shoulder, he did so, and the child died in convulsions the next day, most likely the result of some chemical change arising from the contact of hot tallow with a brass candlestick. Many are carried away with "simple" remedies, that is, remedies composed of things with which they are familiar, and which at first sight would seem to be inert. The remedies for cough, cold and consumption, are innumerable, the combinations of ingredients are infinite; but if the reader is observant, not one in a hundred will there be which has not opium in the form of paregoric, laudnum, or morphia, giving water on the brain every year to multitudes of children and apoplexies or ruinous results to the digestive organs of The life of Washington Irving was cut short by the injudicious recommendation of a simple cough-mixture by some pestiferous busybody. In any company of a dozen persons if one complains of anything from the scratch of a pin to a cancer, enough remedies will be volunteered in five minutes to kill a regiment of common men, advised too, with all the confidence that it is possible for ignorance to possess, for these two characteristics always exist in identical proportions; the greater the ignorance, the greater the certainty. man who insures a cure of any thing under all circumstances is an ignoramus or a knave.

EIGHT HOURS A DAY.

There can be no doubt that growing persons are often overworked, especially boys on a farm from twelve to eighteen; the danger is increased in proportion to the rapidity of the growth. Persons who work hard, under twenty years of age, should be allowed ten hours rest in bed. The health of girls is sometimes ruined by over pushing mothers. The desire of some constitutions to remain in bed awhile after waking up is inappeasible, and to have to get up is literally dreadful, and involves an amount of self-denial and sacrifice almost inconceivable. There is no merit whatever in simple early rising and a great deal of nonsense has been written on the

subject; it is always a cruelty and a crime to the young, and to a great extent to all unless it be preceded by an early retiring. One of the most criminal of robberies is that which abridges the hours of necessary sleep. But as to the working only eight hours a day for grown people, the great mass of mechanics, it is the vagary of an impracticable noodle. If a man working by the job can earn as much money as will support him, and is satisfied with that, let him do it, but to demand for the labor of eight hours the compensation due to ten or twelve hours, is a theft in disguise. Once establish such a principle, and before we are aware of it we would find the poor, the shiftless and improvident demanding of the frugal and care-taking classes five dollars a day for the trouble of spending it. This banding together of one class of men to compel them to give them what they ask for their commodities, whether labor, time or goods, is that excess of democracy, which if anything will, will destroy this government, and one of two things only can prevent it, either an educated religious sentiment or a property qualification to the native born only, as voters.

There is one thing in this connection highly discreditable to a class of persons of whom we have a right to expect better things. Printers in this city and some of the editors, contributed their money and influence, last winter, towards encouraging men to demand more money for their labor than that labor was worth. These men not only refused to work themselves, but by threats and actual violence prevented others from working who would gladly have accepted the vacated positions. Nothing in a long time has so signally developed the worthlessness of the city press as a guide for what is legal, just and right. Some of the papers took openly the side of the strikers, others in more covert ways, threw their influence in the wrong direction. The fact is the leading newspapers of large cities know but seven principles, the five loaves and the two fishes; whatever side promises the most gain, that side for the time being they advocate, and that leads to a question of very extensive application, whether it is not the duty of the friends of religion throughout the country to natronize the secular press less and the religious

press more. There are but one or two secular papers in the whole city of New-York whose abiding, fundamental influence is not against evangelical religion; favorable to it generally as far as the expression of sentiment is concerned, but greedy always of facts which can be used against the clergy, the Bible and the Sabbath day.

For any man in a free country to dictate to his employer how much he shall pay a workman for a day's work and then turn round and dictate how many hours shall constitute that day's work argues an impudence, an effrontery, and a despotism not permissable in any aristocracy on earth; and yet the chief papers in New-York city, in a manner more or less direct, have countenanced this same thing.

As to the practical effect in these disjointed days of less time and more money for workmen, men all over the city who employ many hands say, and the mechanics admit workmen have less money now than in the good old times before the war; while work is not done so well, and the number of good workmen is steadily decreasing, because making so much more money they take more holidays during which the money is squandered in drinking, carousing and various extravagances, while the really good men who still work hard and save are tempted by the unusual amount of money they handle to embark in more remunerative forms of business, this makes hands scarce and brings them in brisk demand; so much is this the case that mechanics have got to believe they are doing employers a favor to work for them: this generates a feeling of independence, and then follows a carelessness in work and an insubordination expressing itself often in words. "I can get work and wages elsewhere," and off they go.

The truth is a day's work should be measured "from the rising of the sun to the going down of the same," at least in in our latitudes, whether it be winter or summer; one good result would certainly flow from it during a larger portion of the year: when night came the workman would be glad enough to go to bed, instead of wandering around to drinking houses, billiard rooms, theatres, dance houses, and waiter-girl saloons.

The most just and rational eight hour system is that adopted by an editor, who says that he goes to work at eight o'clk. in the morning and knocks off at eight at night.

Laboring men ought to be able to see that these combinations and strikes will always in the end affect them more injuriously than the persons who employ them. They must eat, dress and have houses to live in; if they charge as much for eight hours work as for twelve, whether on the farm or in the shop, the owner will place just that much greater price on the thing produced, and the poor man can't get that article, whether it be a coat, a ton of coal, or a house to live in, without paying that greater price; the capitalist will manage, in some way or another, to make the poor man pay for the whistle, for capital is king and will be while time endures.

It seems to be clear then that all strikes and combinations for less time-work and greater compensation are contrary to the very first principles of true republican liberty, are morally pernicious, physically destructive, socially a curse, and financially a loss; in short, an "evil, only evil, and that continually."

FRUITS ALL THE YEAR ROUND .- We hope the time is not far distant when every three or four farmers adjoining each other will build fruit houses which will preserve berries and grapes and fruits for another year, and at the end of that time be as hard, crisp and not fully ripened up as when just put in. The comfort, the luxury and the advantage of this, to say nothing of the increased healthfulness which would be insured to any family which would consume fruits, berries and grapes largely every day in the year, would be incalculable. Professor Bryce has patented a structure for this purpose in full operation at Trenton, New Jersey. Samuel H. Rebbins, of Bristol, Penn., is agent for the Patentee. The structure of a large house costs about one dollar for every bushel it holds. A house with a room 15 feet square and eight feet high, being 23 feet square on the outside, holding 500 bushels, would cost about eight hundred dollars. We are not acquainted with the parties, but give this notice for the benefit of our readers as a public good; the principles involved are the maintenance of a dry temperature just above the freezing point, or thirty-four degrees, by means of a small expenditure of ice, and the absorption of the dampness in the atmosphere.

NOTICES.

To Southern Subscribers in the good old times of light taxes, cheap living and universal and uninterrupted prosperity we give notice, that mail facilities ceased just after the July number of 1861 was distributed; we kept the subsequent numbers from August to December, both included, bound in one cover; they will be sent to each subscriber who will send us their present address.

The contents of the Journal of Health from January 1866 to July inclusive

are:

What is Cholera? Its very first Symptoms. What to do. Signs of Recovery. Danger of Stimulants. Danger of Self medications. Homoeopathic Treatment. Farmer's Houses. Where to Build. Miasma and its Laws. Cellars in Dwellings. Smoky Chimneys. Water conveniences. Water Closets. Ice Houses. Stables. Kitchens. Chambers. Shade Trees. Barns. Water Pipes. Crazy Farmers, Why. Wives Overworked. Daughters ill Health.

Surprise Parties. Shams. Potatoes as Food. To stop Coughing. Foul Odors. Preaching Easily. Domestic Cleanliness. Ventilation. Laws of Cholera. Quarantine. Cholera Prevented. Fear of Cholera. Emergencies. Extemporaneous Surgery. Curiosities of Breathing. Symptoms. Cellars. Filth and Purity. Weights and Measures. Medical Terms. Biliousness. Trichiniasa. Night Work. Night and Disease.

All new subscribers must begin with the January number. The January and February numbers are taken up with the subject of the Cholera, and will be sent post paid for 30 cents; the object of the article is to teach the reader to know what are always the first far off symptoms of Cholera; when he will be in reality cured, without any medicine whatever if these symptoms are first attended to; what are the more advanced symptoms; and what is considered the most infallible remedy at this state, applicable to all cases, as a means of arresting the disease until a physician can be called; the folly of taking anything as a preventive of Cholera; the reason why a so-called preventive will certainly increase the chances of an attack; the certain sign of commencing recovery; the absolute importance of securing the services of a physician in all cases, where attention was not given to the first symptoms; how easy it is to know these first symptoms; the importance of remembering that, as the Cholera, if it comes this year, may assume a different phase, from that of former times, it is not safe to rely on any old remedy, nor to rely on any one's advice but that of a practising physician, and that no confidence whatever ought to be placed on any newspaper receipt, because what might be appropriate in former years, and other places, cannot be relied on for this year in this locality, as the disease is known to present different different types in different places and different seasons.

Persons who fail to receive their numbers must apply for them during the month for which it is published, otherwise send twelve cents for a duplicate; remembering, however, that it is always supplied as a courtesy, and not as a right, for the Publisher's responsibility ends with depositing the Journal in the New York Post Office. It is curious to observe that nine persons out of ten who do not receive their number take it for granted that the reason is the neglect of the Publisher in not mailing it. In mailing the Journal, all the numbers of each State are sent in one package to the distributing post office of that State, and that a failure to receive a number is owing to the Postmaster at the distributing office, or to the Postmaster at the office where the Journal is received, and it is next to impossible to be the fault of the New York Post Office, for if one copy of the Journal is received in any one State, all the copies must have been sent to that State; and if one copy is received at any one office where four or more are due, all the copies must have gone there, as all were sent to that post office in one package. So when your copy is missing, go to your own Postmaster before writing to the Publisher, "If I can't receive my paper regular, I don't want it sent any more." Whenever a letter comes indicating a little temper the Publisher lays it aside with a smile, saying, "O! he's young; don't know much." Persons sending subscriptions or for missing numbers must address simply,

"HALL'S JOURNAL OF HEALTH,

New York."

and the publisher will get it; those wanting medical advice must address the editor thus:

"Dr. W. W. HALL, New York."

The Editor's office is at No. 2 West 43d St., New York, where he may be quite surely found any day until 2 P. M.; no one need come a minute after nine o'clock at night, because he is then in bed; and often he gets sleepy as soon it is dark, and it is never safe to take advice of a sleepy Doctor; and even when we are wide awake how little do we know! The biggest fool on this planet is the man who thinks he knows much of anything except himself, and that is a knowledge which most people are not particularly anxious to communicate; but such knowledge as we have we are willing to impart for a liberal consideration, for unless we charge pretty well for the small stock on hand, we would soon run out of provender. We wish everybody had as good an opinion of us as a correspondent, writing June 1st., 1866: "You have done for me more than all the physicians I ever saw put together." And after getting well he wants to show himself, most, people would better prefer showing themselves first.

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WANTED TO GIVE To whomsoever will procure thirty-six paying subscribers to Hall's Journal of Health for 1866, a Wheeler and Wilson Sewing Machine, costing cash \$56. This Machine will sew all kinds of fabrics, and is the cheapest and best manufactured of its kind. Specimen numbers will be sent post paid for 10 Cents.

SLEEP.—A correspondent two thousand miles away, writes thus enthusiastically about our book on "sleep" sent pp. for \$1.60. "Allow me to express my everlasting obligations to you for having saved me from the dark gulf of perdition and despair, through the means of your book entitled SLEEP. I followed your common sense rules and directions, and to-day can hold up my head like a man."

PORK WORMS.—The eminent medical professors who were sent to Germany to investigate the subject, state that Trichiniasis is everywhere either extinct or dying out; that the epidemic at Herdensleben was the result of a remarkable concourse of unfortunate circumstances, and that a heat of one hundred and sixty-six degrees is fatal to the worm.

THE LITTLE CORPORAL, says the Chicago Journal, has a circulation of thirty thousand copies, and is the best child's paper, at one dollar a year.

The Nation, published twice a week, five dollars a year, by. J. H. Richards, 130 Nassau St. Each number contains topics of the day, proceedings of Congress, literary notes and notices, scientific articles, with much in addition of other matter. No. 48, for example, has "The Usury Laws, Paris Gossip, Moral of Memphis Riots, Our System of Legislation, Popular Influence of Moral Censorship, Influence of Towns over Counties at Home and Abroad; every number contains a large amount of well written articles on practical and suggestive subjects.

MERRY'S MUSEUM FOR JUNE, 172 William St., New York—Contains: Silverstone and Slate, by Kruna; Harry and his Dog, by Pearl Peveril; Wild Oats, by Sophie May; Uncle Godfrey's Lectures; Short Sermons to News Boys, by Rev. Charles L. Brace; Catching Rats vs. Study, by Uncle Tim; A Story whose end is in a Picture Gallery, by the author of Philip Snow's War; Who made the Flowers? Merry's Monthly Chat and Fleta Forrester's Puzzle Drawer.

TEMPERANCE.—The New York and Brooklyn Temperance Alliance is to promote entire abstinence from all intoxicating drinks, by lectures, visitations, tracts, and special efforts to save the young, by the formation of juvenile Temperance Societies in Sabbath and day schools. President Hon. S. Booth, Mayor of Brooklyn, Miss Thos. Davis and George Thompson are employed as Temperance Missionaries, and are indefatigable in their labor of love, extending to the generous sailor their personal efforts in distributing tracts, holding meetings and talking personally with our Jack Tars. The Society is in need of funds, which can be sent to William E. Dodge, Esq.,—the liberal friend of all good measures—or T. B. Wells, Treasurer, 389 Broadway, New York. Religious newspapers for distribution on board ships, for sailors to read on their long voyages will be thankfully received at the same place, or will be called for at the residence of our citizens who will send their address.

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BRONCHITIS, AND KINDRED DISEASES,

BY W. W. HALL, M.A., M.D., NEW-YORK.

HEALTH IS A DUTY.

THERE is no necessary reason why men should not generally live to the full age of three score years and ten, in health and comfort; that they do not do so, is because

THEY CONSUME TOO MUCH FOOD, AND TOO LITTLE PURE AIR; THEY TAKE TOO MUCH MEDICINE, AND TOO LITTLE EXERCISE:

and when, by inattention to these things, they become diseased, they die chiefly, not because such disease is necessarily fatal, but because the symptoms which nature designs to admonish of its presence, are disregarded, until too late for remedy. And in no class of ailments are delays so uniformly attended with fatal results, as in affections of the Throat and Lungs. Taking England and the United States together, twenty per cent. of the mortality is every year from diseases of the lungs alone; amid such a fearful fatality, no one dares say he shall certainly escape, while every one, without exception, will most assuredly suffer, either in his own person, or in that of some one near and dear to him, by this same universal scourge. No man, then, can take up these pages, who is not interested to the extent of life and death, in the important inquiry, What can be done to mitigate this great evil? The first great essential step, is to impress upon the common mind, in language adapted to common readers, a proper understanding of the first symptoms of these ruthless diseases.

THROAT-AIL, or Laryngitis, pronounced Lare-in-GEE-tis, is an affection of the top of the windpipe, where the voice making organs are, answering to the parts familiarly called "Adams Apple." When these organs are diseased, the voice is impaired, or "there is

something wrong about the swallow."

BRONCHITIS, pronounced Bron-KEE-tis is an affection of the branches of the windpipe,

and in its first stages is called a common cold.

CONSUMPTION is an affection, not of the top or root of the windpipe, for that is Throat-Ail; not of the body of the windpipe, for that is Crowp; not of the branches of the windpipe, for that is Bronchitis; but it is an affection of the lungs themselves, which are millions of little air cells or bladders, of various sizes, from that of a pea downwards, and are at the extremities of the branches of the windpipe, as the buds or leaves of a tree are

at the extremity of its branches.

WHAT ARE THE SYMPTOMS OF THROAT-AIL?—The most universal symptom is an impairment of the voice, which is more or less hoarse or weak. If there is no actual want of clearness of the sounds, there is an instinctive clearing of the throat, by swallowing, hawking, or hemming; or a summoning up of strength to enunciate words. When this is continued for some time, there is a sensation of tiredness about the throat, a dull heavy aching, or a general feeling of discomfort or uneasiness, coming on in the afternoon or evening. In the early part of the day, there is nothing of the kind perceptible, as the voice-muscles have had time for rest and the recovery of their powers during the night. In the beginning of this disease, no inconvenience of this kind is felt, except some unusual effort has been made, such as speaking or singing in public; but as it progresses, these symptoms manifest themselves every evening; then earlier and earlier in the day, until the voice is clear only for a short time soon in the morning; next, there is a constant hoarseness or huskiness from week to month, when the case is most generally incurable, and the patient dies of the common symptoms of Consumptive disease.

In some cases, the patient expresses himself as having a sensation as if a piece of wool or blanket were in the throat, or an aching or sore feeling, running up the sides of the neck towards the ears. Some have a burning or raw sensation at the little hollow at the bottom of the neck; others, about Adam's Apple; while a third class speak of such a feeling or a pricking at a spot along the sides of the neck. Among others, the first symptoms are a dryness in the throat after speaking or singing, or while in a crowded room, or when waking up in the morning. Some feel as if there were some unusual thickness or a lumpy sensation in the throat, at the upper part, removed at once by swallowing it away; but soon it comes back again, giving precisely the feelings which some persons have after

swallowing a pill.

Sometimes, this frequent swallowing is most troublesome after meals. Throat-Ail is not like many other diseases, often getting well of itself by being let alone. I do not believe that one case in ten ever does so, but on the contrary, gradually grows worse, until the voice is permanently husky or subdued; and soon the swallowing of solids or fluids becomes painful, food or drink returns through the nose, causing a feeling of strangulation or great pain. When Throat-Ail symptoms

the nature of a miracle.

WHAT ARE THE SYMPTOMS OF BRONCHITIS?

Bronchitis is a bad cold, and the experience of every one teaches what its symptoms are. The medical name for a cold is Acute Bronchitis; called acute, because it comes on at once, and lasts but a short time— a week or two generally. The ailment that is coma week or two generally. The ailment that is commonly denominated Bronchitis, is what physicians term Chronic Bronchitis; called chronic, because it is a long time in coming on, and lasts for months and years instead of days and weeks. It is not like Throat-Ail, or Consumption, which have a great many symptoms, almost any one of which may be absent, and still the case be one of Throat-Ail, or Consumption; but Bronchitis has three symptoms, every one of which are present every day, nd together, and all the time, in all ages, sexes, contitutions, and temperaments. These three universal advanced as a second of the case of the titutions, and temperaments. These three universal and essential symptoms are—
lst. A feeling of fullness, or binding, or cord-like sen-

sation about the breast.

2d. A most harassing cough, liable to come on at any hour of the day or night. 3d. A large expectoration of a tough, stringy, tona-tous, sticky, pearly or greyish-like substance, from a tablespoon to a pint or more a day. As the disease progresses, this becomes darkish, greenish, or yellowish in appearance; sometimes all three colors may be seen together, until at last it is uniformly yellow, and comes up without much effort, in mouthfuls, that fall heavily, without saliva or mucus. When this is the case, death comes in a very few weeks or—days.

WHAT ARE THE SYMPTOMS OF CONSUMP-TION ?

A gradual wasting of breath, flesh, and strength are he three symptoms, progressing steadily through days nd weeks and months, which are never absent in any na weeks and months, which are never absent in any vase of true, active, confirmed Consumptive disease hat I have ever seen. A man may have a daily ough for fifty years, and not have Consumption. A woman may spit blood for a quarter of a century, and not have Consumption. A young lady may breathe forty times a minute, and have a pulse of a hundred and forty beats a minute, day after day, for weeks and months together, and not have Conday, for weeks and motions objection, and not have con-sumption; and men and women and young ladies may have pains in the breast, and sides, and shoulders, and flushes in the cheeks, and night sweats, and swollen ankles, and yet have not an atom of Conswollen ankles, and yet have not an atom of Con-sumptive decay in the lungs. But where there is a slow, steady, painless decline of flesh and strength and breath, extending through weeks and months of time, Consumption exists in all persons, ages, and climes, although at the same time sleep, bowels, appetite, spirits, may be represented as good. Such, at least, are the results of my own observation.

The great, general, common symptoms of Consumption of the Lungs are night and morning cough, pains about the breast, easily tired in walking, except on level ground, shortness of breath on slight exercise, and general weakness. These are the symptoms of which Consumptive persons complain, and as they approach the grave, these symptoms gradually increase.

HOW DOES A PERSON GET THROAT-AIL?

A woman walked in the Park, in early spring, until a little heated and tired; then sat down on a cold stone. Next day, she had hoarseness and a raw burn-ng feeling in the throat, and died within the year.

A man had suffered a great deal from sick headache A man had suffered a great deal from sick headache; ne was advised to have cold water poured on the top of his liead; he did so; he had headache no more. The hroat became affected; had frequent swallowing, tlearing of throat, falling of palate, voice soon failed n singing, large red splotches on the back part of the hroat, and white lumps at either side; but the falling of the palate and interminable swallowing were the reat symptoms, making and keeping him nervous, gritable, debilitated, and wretched. He was advised take off the uvula, but would not do it. Had the nitrate of silver applied constantly for three months.

have been allowed to progress to this stage, death is with this throat, and nothing would relieve it, and acw almost inevitable in a very lew weeks. Now and then it is removed in two days." That was four month a case may be saved, but restoration here is almost in ago. I saw him in the street yesterday. He said his it is removed in two days." That was four month ago. I saw him in the street yesterday. He said his throat gave him no more trouble; that he had no more chilliness, and had never taken a cold since he came under my care, although formerly "it was the easiest

thing in the world to take cold."

A merchant (1002) slept in a steamboat state-room in December, with a glass broken out; woke up next morning with a hoarseness and sore throat; for severa morthing with a noarseness and sole initiat; for several months did nothing, then applied to a physician Counter-irritants were employed without any permanent effect. At the end of four years, he came to me with "a sort of uneasy feeling about the throat, more at times than others; not painful; sometimes a little hoarseness, with frequent inclination to swallow, or clear the throat. At the little hollow at the bottom of hoarseness, with the little hollow at the bottom of clear the throat. At the little hollow at the bottom of the neck, just above the top of the breast-bone, there was a feeling of pressure, stricture, or enlargement—no pain, but an unpleasant sensation, sometimes worse than at others. It is absent for days at a time, and then have for saveral hours a day." This case is under

treatment.

A Clergyman (1012) has a hoarse, cracked, weak voice, easily tired in speaking; a raw sensation in the throat; and in swallowing has "a fish-bony feeling." He had become over-heated in a public address, and immediately after its close started to ride across a prairie in a damp, cold wind in February. Had to abandon preaching altogether, and become a school teacher." This gentleman wrote to me for advice, and having followed it closely for eighteen days, reported having followed it closely for eighteen days, reported himself as almost entirely well.

I greatly desire it to be reinembered here, that in this, as in other cases of Throat-Ail, however perfectly a person may be cured, the disease will return as often as exposure to the causes of it in the first place is permitted to occur. No cure, however perfect, will allow a man to commit with impunity such a thoughtless a man to commit with impunity such a thoughtless and inexcusable act as above named, that of riding across a prairie in February, in a damp, cold wind, within a few minutes after having delivered an excited address in a warm room. None of us are made out of India rubber or iron, but of flesh and blood and a reasonable soul, subject to wise and benevolent conditions and restrictions, and it is not to the "listensite". ditions and restrictions; and it is not to the discredit of

ditions and restrictions; and it is not to the discredit of physic or physicians, that being once cured, the disease should return as often as the indiscretion that origin ated it in the first instance is re-committed.

Three weeks ago, one of our merchants came to me with a troublesome tickling in the throat. At first it was only a tickling; but for some weeks the tickling compels a frequent clearing of the throat; and without a cough, each clearing or hemming brings up half a teaspoon-ful of yellow matter, with some saliva. On looking into his throat, the whole back part of it was red, with still redder splotches here and there—epiglottis almost scarlet. On inquiry, I found he had for years been a chewer of tobacco; then he had for years been a chewr of tobacco; then began to smoke; would day after day smoke after each meal, but especially after tea would consume half a dozen cigars. In time, the other naturally consequent steps would have been taken—Consumption and the grave. Among other things, I advised him to abandon tobacco absolutely and at once. In two weeks he came again. Throat decidedly better; two weeks he came again. Throat decueury tester, in every respect better, except that he, in his own opinion, "had taken a little cold," and had a constant slight cough—not by any means a trifling symptom. Let the reader learn a valuable lesson from this case. This gentleman had the causes of cough before; he found that smoking modified the tickling, and taking this as an indication of cure, he smoked more vigor-ously, and thus suppressed the cough, while the cause of it was still burrowing in the system and widening. its ravages. It will require months of steady effort to arrest the progress of the disease, and he may consider himself fortunate—more so than in any mercantile speculation he ever made—if he gets well at all. If he does get well, and returns to the use of tobacco, the disease will a causaly and returns to the use of tobacco, the disease will as certainly return as that the same cause originated it, for the following reason, as was stated in the First Part:—Throat-Ail is inflammation; that is, too much heat in the parts. Tobacco smoke being warm, or even hot, is drawn directly back against the parts already too much heated, and very naturally in-Fried homeopathy. After suffering thus two years, creasing the heat, aggravates the disease. Again, any came to me, and on a subsequent visit, said, "It is kind of smoke—that of common wood—is irritating, conderful, that for two years I have been troubled much more that of such a powerful poison as tobacco

More remote, but more destructive and enduring.

A gentleman, just married, with a salary for his services as secretary to a Southern house, applied to me to be cured of a sore throat. He was permanently hoarse; swallowing food was often unendurably painful, besides causing violent paroxysms of cough. He said he knew no cause for his complaint, except that he had smoked very freely. On inquiry, I found that for the last two years he had used, on an average, about "a dozen cigars every day; perhaps more." He died in six weeks

haps more." He died in six weeks. applied to me who had been advised to take brandy freely for a throat affection. Such advice is warranted by no one prinstiple in medicine, reason, or common sense. Were I to give it, I should feel myself justly liable to the charge of being an ignorant man or a drunkard. The throat is inflamed; finflammation is excitement; brandy and is inflamed; inflammation is excitement; brandy and tobacco both excite, inflame the whole body; that is why they are used at all. The throat partakes of its portion of the excitement, when the throat, body, and the man, all the more speedily go to min together. I have in my mind, while writing these lines, the melancholy history of two young men—one from Kentucky, the other from Missouri—who were advised "to drink brandy freely, three times a day, for throat complaint." One of these became a drunkard, and lost his property, and within another year he will leave an interesting family in penury, disgrace, and want. The teresting family in penury, disgrace, and want. The other was one of the most high-minded, honorable young men I have lately known. He was the only son of a widow, and she was rich. He came to see me three or four times, and then stated that he had concluded to try the effects of a little brandy at each meal. A few weeks afterwards he informed me, that as he was constantly improving, he thought that the brandy would certainly effect a cure. Within seven months after his application to me, he had become a regular toper; that is, he had increased the original quantity allowed, of a tablespoon at each meal, to such an amount, that he was all the time under the influence amount, that ne was all the time under the innuence of liquor. His business declined; he spent all his money; and secretly left for California, many thousand dollars in debt, and soon after died. The person who advised him is also now a confirmed drunkard; but in his wreck and ruin, still a great man.

A gentleman from a distant State wrote to me some

months ago for advice as to a throat affection. He is a months ago for advice as to a throat affection. He is a lawyer of note already, and of still higher promise, not yet having reached the prime of life. By earnest efforts as a temperance advocate, in addition to being a popular pleader at the bar, his voice became impaired with cough, spitting of blood, matter expectoration, diarrhoan, debility, and general wasting. He was induced to drink brandy with iron, but soon left off the iron and took the brandy pure. The habit grew upon him; he sometimes stimulated to excess, according to his own acknowledgment; his friends thought there was no interval, and gave him up as a lost man to themselves, his family, and his country: but in time there was no interval, and gave him up as a lost man to themselves, his family, and his country; but in time the virulence of the disease rose above the stimulus of the brandy, and in occasional desperation he resorted to opium. He subsequently visited the water cure, gained in flesh and strength, and was hopeful of a speedy restoration; but he took "an occasional cigar"—the dryness in the throat, hoarseness, pain or pressure, and in a few months wrote to me, having, in addition to the above throat symptoms, a recent hamograeure, and in a new months wrote to me, naving, in addition to the above throat symptoms, a recent hæmorrhage, constipation, pains in the breast, nervousness, debility, variable appetite, and daily cough. Within two months, he has become an almost entirely new man, requiring no further advice.

Further illustrations of the manner in which persons

get Throat-Ail, may be more conveniently given in the letters of some who have applied to me, with the additional advantage of brighted to me, which is a proper of the proper of brighted to me, which is a proper of the proper of brighted to me, which is a proper of the proper of brighted to me, and the proper of the proper of brighted to me, and the proper of the ditional advantage of having the symptoms described in language not professional, consequently more generally understood.

A PRESBYTERIAN CLERGYMAN.

(1059) "I have had for three years past a troublesome affection of the thorax, which manifests itself by frequent and prolonged hemming or clearing the throat, and swelling: both more frequent in damp weather, or after slight cold. General health very feeble, sleeplessness, waste of flesh, low spirits. Visited a water cure, remain-

more remote, but more destructive and enduring.

A gentleman, just married, with a salary for his services as secretary to a Southern house, applied to me to be cured of a sore throat. He was permanently hearse; swallowing food was often unenduring to the services are in the services a my hemming has become very bad; and there has been my hemming has become very bad; and there has been a slight break in my voice ever since. Hem, hem, hem, is the order of the day; clearing the throat is incessant, swallowing often, and a slight soreness of the larynx, particularly after a slight cold, or after several days' use of nitrate of silver, with a scarce perceptible break in the voice. These are my principal symptoms?

This case is under treatment.

A LAWYER.

(1016) "aged thirty-seven. Have been liable, for several years past, in the fall, winter, and spring, to severe attacks of fever, accompanied with great debility, loss of flesh, appearing to myself and friends to be in the last stages of Consumption; in fact, the dread of it has been sairchused and prophility merchants. of it has been an incubus on me, paralyzing my ener gies and weighing down my spirits. In the summers, too, I have been subject to attacks of bilious fever and bilious colic. A year ago, I attended court soon after one of these attacks, and exerted myself a great deal. My throat became very sore, and I had hemorrhage—two teaspoons of blood and matter. My health continued feeble. I went last summer to a water cure, and regained my flesh and strength, but the weakness in my throat and occasional hoarseness continued all the time. Afterwards, by cold and exposure, I became worse, continued to have chills and fever and night worse, continued to have chills and fever and night sweats, accompanied by violent cough and soreness of the throat. I got worse; was 'reduced to a perfect skeleton, and had another hæmorrhage. Mucus would collect in the top of the throat, and was expectorated freely. I am still liable to colds. The seat of the disease seems to be at the little hollow in front at the bottom of the neck, just above the top of the breast-bone. At my last bleeding, the pain seemed to be in the region of Adam's-apple. The principal present symptoms are soreness in throat, dryness, pain on pressing it, and hoarseness; pulse from eighty to ninety in a minute; irregular appetite. These symptoms, together with my fear of Consumption, serve to keep me unhappy. I find myself constantly liable to attacks of cold, sneezing, running at the nose even in the summer time. My mother and sister have died of Consumption, as also two of my mother's sisters. Feet always cold; daily cough."

OPINION OF THE CASE.

There is no Consumptive disease: it is impossible No personal examination is needed to tell that. The foundation of all your ailments is a torpid liver and a weak stomach. If you are not cured, it will be your own fault.

The treatment of this case was conducted by correspondence, as he lived six hundred miles away, and therefore I had not the opportunity of a personal examination. Within a month he writes:—"I am gradually improving; feet warm; all pain has disappeared from the breast; appetite strong, regular, and good: pulse seventy-two; breathing eighteen; all cough has disappeared." At the end of two and a half months, no further advice was needed, as he wrote—"I have not written to you for a month, being absent on the circuit. I have not enjoyed better health for years than I have for the month. Weight increasing; no uneasiness or pain about my breast; pulse seventy-five; less in the morning. The only trouble I have is costiveness, from being so confined in court, and being away from home being so confined in court, and being away from home deprived of my regular diet. We were two weeks holding court, last of November, in a miserable room. the court-house having been recently burned; kept over-heated all the time. I made four or five speeches, and suffered no inconvenience whatever. I have no cough."

A CLERGYMAN

(1024) called over two months ago, having had at first an aliment at the top of the throat, apparently above or near the palate. It soon descended to the region of Adam's-apple, and within a month it seemed to have located itself lower down the neck, giving a feeling as

If there were an ulcer there, with a sense of fullness and strength. My bowels are sometimes disordered about the throat, hoarse after public speaking, lasting a by eating melons and fruits; but I felt so much better day or two, with attacks every few weeks of distressing that I thought I might indulge. Pulse sixty-five to sick headache. As the disease seemed to be rapidly seventy; an almost ravenous appetite." A month descending towards the lungs, a rigid, energetic treatsick headache. As the disease seemed to be rapidly descending towards the lungs, a rigid, energetic treatment was proposed, and at the end of ten weeks he ment was proposed, and at the end of ten weeks he writes—"I take pleasure in introducing my friend, —, to you. He has suffered many things, from many advisers, with small benefit. I have desired him to consult with you, hoping that he may have the same occasion to be grateful for the providence which leads him to you, which I feel that I myself have for that which guided me to your counsels. I suffer but little, very little from my throat, and confidently anticipate entire relief at no distant day, for all which I fee myself under great obligation both to your skill and to your kindness," &c.

SICK HEADACHE

is a distressing malady, as those who are subject to it know full well, by sad experience. In this case, this troublesome affection had to be permanently removed before the throat aliment could be properly treated; when that was done, the throat itself was comparatively of easy management.

A MERCHANT

(947) wrote to me from the South, complaining chiefly of

Bad cough, sometimes giving a croupy sound;
Throat has a raw, choking, dry, rasping feeling;
Soon as he goes to sleep, there is a noise or motion, as
if he were going to cough;
Startled in sleep, by mouth filling with phlegm;
Expectoration tough, white, and sticky; darkish par-

ticles sometimes; Flashes or flushes pass over him sometimes;

Bick stomach sometimes, acid often, wind on stomach oppresses him greatly;

A lumpy feeling in the throat; On entering his house, sometimes falls asleep in his chair, almost instantly;

In walking home, at sundown, half a mile from his store, is completely exhausted;

Slightest thing brings on a cough; never eats without

coughing;
If he swallows honey, it stings the throat;
Got a cold a month ago, which left the palate and throat
very much inflamed;

very much innameu;
Throat and tongue both sore;
A hooping, suffocative cough; can hear the phlegm
rattle just before the cough begins;
A dry, rough feeling from the little hollow at the bottom of the neck up to the ton of the throat

tom of the neck up to the top of the throat.

One night after going to bed, began to cough, choke, suffocate; could not get breath, jumped out of bed, ran accross the room, struggled, and at length got breath, but was perfectly exhausted; could not speak

breath, but was perfectly exhausted; collidator speak for half an hour, without great difficulty. In addition to his own description of the case, his wife writes—"Ten o'clock at Night.—I am no physi-cian, nor physician's wife, but am his wife and nurse, and an anxious observer of his symptoms, and can see his throat inflamed behind the uvula. He says there is a lump somewhere, but he cannot tell where. Some-times he thinks it is in the little hollow at the bottom of the neck, sometimes just above, and sometimes in or about the swallow. A recent cold has aggravated his symptoms. His cough to-day has been very frequent and loose. He has emaciated rapidly within a month, and is now a good deal despondent. As for myself, I feel as one who sees some fair prospect suddenly fading away. I had fondly hoped—oh! how ardendy!—that he might be restored. If a knowledge of the fact would give any additional interest to the case, I will only say, he is one of the loveliest characters on earth. None in this community has a larger share of the respect and confidence of their acquaintance." quent and loose. He has emaciated rapidly within a tance."

The opinion sent, for I have not seen this case, was as follows:—"The whole breathing apparatus, from the top of the windpipe to the extremity of its branches, is diseased; the lungs themselves are not at all affected by decay. Your whole constitution is diseased; and by decay. Your whole constitution is diseased; and yet there is good ground for hope of life and reasonable health."

proving; cough not very troublesome; increasing in flesh," &c. I believe this gentleman now enjoys good health.

A LADY.

(948) teacher of vocal music, writes—"There is a peculiar sensation in my throat for the last two months. Whenever I attempt to swallow, it feels as if something were in the way; a swelling under the laws, a someness on the sides of the throat, extending to the ears, and occasioning throbbing painfully. I have a dull aching at the top of my collar-bone, and an unpleasant sensation of weakness and heaviness them. pleasant sensation of weakness and heaviness in my chest; a bad taste in my mouth frequently. Have been regular, but have been afflicted for a few years been regular, but have been afflicted for a few years past with sickness at the stomach and vomiting, attended occasionally with great pain for a few hours. During these attacks, the complexion changes to a livid hue. I have been very much troubled with dyspepsia. On recovering from the attacks above mentioned, I have experienced a feeling of weakness almost insupportable. Am very costive; and my spirits are greatly depressed. Within a day or two I have taken a violent cold, which has affected me with specying running from the eves has affected me with sneezing, running from the eyes and nose, together with a slight hoarseness. I was advised to apply caustic to the throat, and Croton oil to my neck, chest, and throat. I have since disconmy neck, cnest, and throat. I have since discontinued these, not having received any permanent benefit from them. On two occasions, from over-exertion at concerts and examinations, I was unable to speak a loud word, from hoarseness, for several days. I am extremely auxious to learn your opinion. In about two months my public concerts take place, and it is absolutely necessary that something should be done for me."

OPINION.

Yours is general constitutional disease. There is no special cause of alarm. A weakened stomach, a torpid liver, a want of sufficient air and exercise, are the foundations of all your ailments, and by the proper regulation of these year. tion of these, you may expect to have good health and a stronger voice. You must have energy and patient perseverance in carrying out the prescriptions sent to you.

In one month this lady writes, and the letter is given to encourage others who may come under my care, to engage with determination and energy in carrying out the directions which may be given them. The reader the directions which may be given them. The reader may also see what great good a little medicine may do when combined with the judicious employment of rational means, which do not involve the taking of medicine or the use of painful and scarifying agencies and

patent contrivances:

"I began your prescriptions at once. Having followed them for some time, I was obliged to intermit them for them for some time, I was obliged to intermit them for a few days, in consequence of having to conduct a concert, besides having to travel by stage and railroad seventy or eighty miles. During this time, I was up every night until twelve o'clock, and was much exposed to the night air. On returning home, I re-commenced your directions, have made it a point to attend to them strictly, and have very seldom failed of doing so. In consequence of two omissions in diet, I suffered from headache, which disappeared when I ooserved your directions. My appetite is good; my food agrees with me. I sometimes feel dull and sleepy after dinner. I drop to sleep immediately. Seldom wake in the night. I drop to sleep immediately. Seldom wake in the night, Sleep about seven hours, and generally feel bright and strong in the morning, when I take a brisk walk of two strong in the morning, when I take a brisk walk of two miles and a half; the same after six, r.m. My walks at first fatigued me considerably; generally, however, I have felt better and better from their commencement to their end, and have perspired very freely. The exercise I take seems rather to increase than diminish my strength. I have not been prevented from taking exercise from any dampness in the atmosphere. I have sometimes been exposed to the night air in gains to exercise from any dampness in the atmosphere. I have sometimes been exposed to the night air in going to church and other places, but without any perceptible injury. The means you advised produce a general glow, and invariably remove headache, which I sometimes have to a slight degree after dinner. I think my throat is better. There is no unpleasant feeling about In three months this patient writes—"I am glad to it at present, except the difficulty in swallowing, and laform you that I think I am still improving in health even that is better. Pulse sixty-seven."

I had for some time ceased to regard this energetic young lady as a patient, when she announces a new ailment, a difficulty at periodic times:—"I walked two ailment, a difficulty at periodic times:—"I walked two
miles every day, and every thing was going, on well,
until one evening after walking very fast, I sat awhile
with a friend, in a room without fire, in November.
The weather was chilly and damp; was unwell, suppressed; had a chill and incessant cough for several
hours, ending in something like inflammation of the
lungs."

These things were remedied, and she is now engaged
in the active discharge of her duties. This last incident is introduced here to warn every reader, especially

In the active discharge of her duties. This last incident is introduced here to warn every reader, especially women, against all such exposures at all times, most especially during particular seasons. Such exposures, as sitting in rooms without fire, in the fall and spring, after active walking, have thrown stout strong men into a fatal consumption; and it is not at all to be wondered at that delicate women should lay the foundation of instructed disease in the same manner. I will dation of incurable disease in the same manner. I will feel well repaid for writing these lines, if but here and there are reader may be found to guard against such exposures. Our parlors and drawing-rooms are kept closed to the air and light for a great portion of the twenty-four hours, and unless the weather is quite cool there is no fire in them: Thus they necessarily active is no fire in them: twenty-four hours, and unless the weather is quite cool there is no fire in them. Thus they necessarily acquire a cold, clammy dampness, very perceptible on first entering. A fire is not thought necessary, as visitors usually remain but a few minutes; but when the blood is warmed by walking in the pure air and the clear sunshine, it is chilled in a very short space of time, if the person is at rest, in the cold and gloom of a modern parlor, especially as a contemplated call of a minute is often unconsciously extended to half an hour, under the excitement of friendly greetings and neighborly gossip. There can be no doubt that thousands every year catch their death of cold, to use a homely but expressive phrase, in the manner above named. Young women, especially, cannot act thus with impunity. Men perish by multitudes every year by exposures of a similar character; walking or working until they become warm, then sitting in a hall or entry or a cold counting-room; or standing still at the wharf or at a street corner; or running to reach a ferryboat until they begin to perspire, and then sitting still in the wind while the boat is crossing. It is by inattention to what may be considered such trifting little things that thousands of valuable lives are sacrificed every year.

A YOUNG GENTLEMAN,

(950) from Washington City, complained of

Uneasiness at throat, caused by repeated colds; late hours, hot rooms;

Cough most of mornings-dry, tickling, hollow; Expectoration a little yellow;

Bloody, streaked expectoration, six months ago; Breathing oppressed, if sit or stoop long;

Take cold easy, in every way; Throat has various feelings, tickling, heavy aching, raw,

dry, from palate to depression; Swallowing a little difficult at times;

Voice not much affected; Headache, costive bowels, piles occasionally; Pain about shoulder-blades and at their points;

Soreness under both ribs sometimes; Pains in the breast-more of a soreness from the top

of the breast-bone to the pit of the stomach; Have been ailing fifteen months; Father, mother, sister, uncle, aunt died of Consump-

OPINION.

You cannot have Consumption now: you are deeldedly threatened with it. With proper attention, persevering and prompt, you may ward it off effectually, and live to the ordinary term of human life to those of your occupation. It is my opinion, that without this care, you will fall into settled disease within a year.

In two months, this gentleman called to see me for the first time. His lungs were working freely and fully, over the natural standard; pulse seventy-two; appetite good; bowels regular. I did not think he required any particular medical advice; and it is my present belief, that with proper attention to diet, exerates, and regular habits of life, his health will become permanently good.

952

Took a severe cold last winter, which left a severe cough. Every morning the breast feels sore, until stirs about some. Pain in the left side, running through te the left shoulder blade, and between the shoulders. pain in the breast-bone, and in the centre of the left breast. Chief complaint is pain in the chest, left side, and a constant raising of frothy, thick, tough, and yellow matter, with frequent hawking, hemming, and clearing of the throat. Age 22.

OPINION.

Your ai.ments are all removeable by diligent atten tion to the directions I may give you. I very much hope you will spare no pains in carrying them out most thoroughly. You certainly have not Consumptive dis-

He called upon me some months afterwards, when I saw him for the first time. He had nothing to complain of; pulse sixty; his lungs working freely and fully, being considerably above the natural standard; and as far as I know, he continues well to this day.

"Am officer in a bank. Was at a fire during Christmas, seven months ago. Used my voice a great deal; began to be hoarse; very much so by morning. This lasted a week, and went off; but in three weeks there appeared to be something about the palate which wanted to come away. Throat seemed inflamed, and ever since then have had a clogging feeling in the throat, that does not affect my voice, unless I read aloud, when I soon become hoarse. Two days ago, spit up a spoonful of dark blood; never before or since. I have a binding sensation across the top of the breast, and three months since had a pain up and down the and three months since had a pain up and down the breast-bone. Have used iodide of potash; have had the throat pencilled, and then sponged with nitrate of silver, without benefit-pulse, one hundred and ten."

OPINION.

Yours is a throat ailment, at the entrance of the windpipe—not as low down as the voice organs. There is very considerable active inflammation there. Your lungs are a little weakened, nothing more; the pains in the breast are not serious at all, and I see no ob stacle to your entire recovery.

I received letter after letter from this young gentleman, stating that no perceptible benefit seemed to fol low what I advised. He was encouraged to persevere, and finally his symptoms began to change, and then disappeared; and in two months from his first consultation he wrote me to say that he had steadily improved; pulse, permanently at sixty-five; expressing his obligations, &c. This case shows strikingly the advantage of preservance. vantage of perseverance.

A CLERGYMAN

(844) wrote to me for advice in reference to a throat complaint. I prescribed, and had entirely forgotten the circumstance, when the following letter was

"I began to follow your directions on the 4th day of May, not quite three months ago, and have adhered to them strictly ever since. I am evidently a great deal better. I have lost no flesh; although it is summer, better. I have lost no flesh; although it is summer, my weight has not varied three pounds since I wrote to you; it is now one hundred and forty-nine nounds. My tonsils are diminished, and give me no uneasiness, except in damp weather. From my, throat, which is now generally perfectly comfortable, I am continually bringing up a pearly substance. Sometimes it is perfectly clear, and like the pure white of an egg. But this is a mighty change. At first, I could not talk five minutes in the family circle. My throat was constantly tickling and burning; so that a mustard plaster, which took all the skin off my neck in front, was a comfort; but now I can talk as much as I wish, read a page or so aloud, and am almost tempted to sing a little."

HOW DO PERSONS GET BRONCHITIS?

In the same manner as a common cold, for Bronchitts is a common cold protracted, settling not on the lungs, but on the branches of the windpipe, clogging them un with a secretion thicker than is natural; this adheres

to the inside of the tube-like branches, and to a certain extent closes them: hence, but a small portion of air gets into the lungs. Nature soon begins to feel the deficiency, and instinctively makes extra efforts to obtain the necessary quantity, in causing the patient to draw in air forcibly instead of doing it naturally and without condition of the stomach, liable to end in tubercular nciency, and instinctively makes extra efforts obtain the necessary quantity, in causing the patient to draw in air forcibly instead of doing it naturally and without an effort. This forcible inspiration of external air drives before it the accumulating phiegm, and wedges it more compactly in a constantly-diminishing tube, until the passage is entirely plugged up. The pa-tient makes greater efforts to draw in the air, but these plugs of mucus arrest it, and there is a feeling as if the air did not get down to its proper place or as if if the air did not get down to its proper place, or as if it were stopped short, causing a painful stricture, or cord-like sensation, or as some express it, a stoppage of breath. If relief is not given in such cases, either by medicine judiciously administered, or by a convulsive nature of effort at a cough, which is a sudden and for-cible expulsion of such air as happened to be on the cione expuision of such air as happened to be on the other side of the plug, the patient would die; and they often do feel as if they could not possibly live an hour. This is more particularly a description of an attack of Acute Bronchitis. Chronic Bronchitis is but a milder form of the same thing, very closely allied in the sensations produced, if not indeed in the very nature of the thing, to what may be considered a kind of

PERPETUAL ASTHMA,

which may in most cases be removed and warded off for an indefinite time by the use of very little medicine, if the patient could be induced to have a reasonable degree of self-denial and careful perseverance.

HOW DO PERSONS GET CONSUMPTION ?

As they do most other diseases, by inattention, neglect imposition on nature. Many persons have this dis-ease hereditarily, but the same means which perma-nently arrest the progress of accidental Consumption will as often and as uniformly ward off, indefinitely, will as often and as uniformly ward oil, indefinitely, the effects and symptoms of the hereditary form, the essential nature of accidental and hereditary Consumption being the same. The treatment is also the same, except that in the accidental form it must be more prompt, more energetic; in the hereditary form it must be more mild, more persevering. I consider the latter, the less speedily and critically dangerous of the two.

A CASE.

"A youth, aged nineteen, indulged freely for some Aydun, aged mineteen, intunged neerly for some time, and at length began to experience pains about the throat. The voice was altered; shrill at first, then entirely lost. Swallowing liquids became impossible. He spit up large quantities of matter, and died after a year's illness. The lungs, on examination, were entirely sound, but the whole throat was ulcerated."

Throat-Ail and Consumption are diseases of debility, Throat-All and Consumption are diseases of debility, and it may be easily supposed that no progress can be made towards a cure while causes of debility are in operation. This statement is made here to save the necessity, in all cases, of more direct inquiries. If, however, there is no personal control, parents may apply for their children, and permanent relief be obtained without wounding the feelings or self-respect of the ailing party, who indeed may be blameless.

MISCELLANEOUS CASES.

Your lungs are unimpaired; they (851. Sept. 2.) are in full working order. There is no tendency at this to Consumptive disease. Your ailment is dyspeptic laryngitis, complicated with a slight pleuritic affection, and with proper attention you will get well. At the same time, it is important for you to know, that these throat affections are among the most incurable of all diseases when once fully established. This conare in full working order. There is no tendency at this these throat affections are among the most incurable of all diseases when once fully established. This consideration should induce you to commence at once a proper course of treatment, and to persevere in it until you are perfectly restored to health.

Note.—His principal ailment was an uneasy feeling in the throat, a frequent cearing of it, and an almost constant pain in the left breast. He wrote me in three weeks that my presertations were acting admirably

ulceration in your case, your lungs being already tuber-culated to some extent; the right side slightly more than the other.

Note.—He complained chiefly of spitting blood, cough and debility; had been using cod liver oil for several months to no purpose. I have not heard from him

monus to no purpose. I nave not near from him since giving the opinion.

(853. Sept. 2.) You have chronic laryngitis, torpid liver, lungs acting imperfectly. There is no decaying process, no Consumptive disease, and I see no special reason why you may not, with judicious treatment, recover your health.

He complained chiefly of husky voice (had to abandon preaching), constitution, and variable appetite. In five months he wrote me that he "was able to enter upon his pastoral duties," and had been discharging

them three months.

(854, Sept. 12.) Your lungs are not in a safe condition; one-third of them are now useless to you. It will be necessary for you to use diligent efforts to arrest the progress of your disease, and spare no pains in

doing so.

Note.—Complains chiefly of spitting blood, cough, sore throat, debility. He appears to be getting well

sore throat, debility. He appears to be getting well rapidly. (855. Sept. 7.) Your disease is common consumption of the lungs; one-fourth of them are doing you no good; a part of them are irrecoverably gone; therefore, under no circumstances can you be as stout and strong as you once were. The decay of your lungs is progressing every hour. If that decay is not arrested, you cannot live until spring. Whether that decay can be arrested I cannot tell. It is possible that it may be done. It is not my opinion that it can be done. Note.—Chief symptoms harassing cough, drenching night-sweats, daily expectoration of blood, constipation, irregular appetite, great emaciation and debility, could scarcely walk around one square. In three weeks he could walk twenty squares in a day without special fatigue. Here he ceased very unexpectedly to

weeks he could walk twenty squares in a day without special fatigue. Here he ceased very unexpectedly to call upon me. Being a favorite child of his father, I took great interest in his case. Whether he suddenly relapsed and died, or thought he could get along now without farther aid from a physician, I do not know.

A MERCHANT.

A MERCHANT.

"At this time the lungs are untouched by disease; they do not work as free and full as they ought to do, but it is impossible that there should be any decay, or that they should be tuberculated to any extent. If your present weak state of health continues, the system will become so debilitated by winter, and so susceptible to impressions from cold, that you will in all probability fall into an eventual decline. At this time, nothing is the matter with you but symptoms arising from a torpid liver and impaired digestion. Your health can be certainly restored."

Note.—Aged thirty; he had spitting of blood, pains in the breast, and other symptoms which greatly alarmed himself and friends, as pointing to settled Consumption. He got perfectly well with little or no medicine, and remains so to this day.

On the same day, September 18, a young woman came for examination, having walked several squares.

Opinion.—"You are in the last stages of Consumption. A large portion of the lungs is utterly gone; the

tion. A large portion of the lungs is utterly gone; th

tion. A large portion of the rings is uterly gone; the decay is rapidly progressing, and nothing can arrest it. Death is inevitable before the close of the year."

Note.—She had a hoarse, loud cough, cold feet, chills, no appetite, irregular bowels, difficult breathing on slight exercise. I did not prescribe. She died in a slight exercise. short time.

sideration should induce you to commence at once a proper course of treatment, and to persevere in it until you are perfectly restored to health.

Note.—His principal ailment was an uneasy feeling in the throat, a frequent cearing of it, and an almost in the throat, a frequent cearing of it, and an almost of cough, weakness, sweating at night, and shortness of breath. Any sudden movement of constant pain in the left breast. He wrote me in three weeks, that my prescriptions were acting admirably, and that ho was getting well.

(852. Sep. 2.) Your ailment is common tubercular disease, mainly tending to fix itself on the lungs, and next on the bowels. Decay of the lungs has not yet egun to take place; they are becoming inactive, about.

sufficient rapidity, hence the fluttering and great debil-ity on any sudden motion or protracted exercise, for these but increase the quantity of blood to be conveyed away. Your ailments depend on constitutional causes to a great extent, and in proportion are capable of re-

I heard of this gentleman no more for one year, when he came into my office a well man in every respect, saying that he began to get well in three days after taking the first weekly pill, and thought as he was doing so well, there was no necessity of writing.

A case (988) similar, in some respects, is now under treatment: great throbbing of heart and weakness on slight exercise; a violent beating in the temples the moment he lays his head on a pillow at night. This does not occur when he lies on his back. Frequent numbness and pricking sensation in left arm and leg; tosses and tumbles in bed for hours every night before he can get to sleep; great general weakness, and total inability to walk; riding in any kind of a carriage over a rough road, often but not always, brings on sick headache; has frequent distress at stomach; pulse one hundred; much dispirited, and has fallen away more than one-sixth.

Opinion.—"Your ailment is a symptomatic heart affection, depending now, mainly, on constitutional causes, originating in over efforts of mind and body. The lungs are sound and well."

In three weeks he writes, each of the two weekly In three weeks he writes, each of the two weekly pills brought away large quantities of stuff, yellow as yolk of egg, with masses of a colorless, stringy substance, and left my bowels regular. I now sleep as well as I could wish; very little pain in the side; stomach no longer distresses me. I have gained strongth, but no fiesh, and some throbing yet remains, *Mote.*—This man will probably get well if he continues to follow the directions as well as at the beginning. He had been advised to exercise his arms and the muscles of his chest a great deal, and was told that he must work, and thinking he could accomplish both at the same time, and being naturally industrious,

both at the same time, and being naturally industrious, he began to saw wood for family use during the coming winter; but every day he became weaker and worse, until he could scarcely stand up. This being a heart affection, every moment of such exercise necessarily

aggravated the malady.

This shows the mischievous effects of taking a wrong view of a case and of following the advice of every person one meets with. Many persons are ad-vised to death. Over-confident advice is the attendant of inexperience and ignorance. It is forgotten that unpaid advisers, being well themselves, do not endanger their own lives, in case their recommendations are intheir own lives, in case their recommendations are in-efficient, if, indeed, not positively hurtful. Many are infatuated with vegetable remedies, taking it for granted that they can do no harm, even if they do no good; forgetting that in many cases a loss of time is equiva-lent to a loss of life, and that the most virulent poisons h all nature—those which produce almost instan-taneous death—are of vegetable origin, such as nico-tine, nursic acid and the like.

tine, prussic acid, and the like.

I. Q. H., married, aged forty-eight; had a distress-lng cough, which, with a severe pain below the point of the right shoulder-blade, prevented any refreshing sleep. He arose every morning sweaty, haggard, and weary; no appetite, and daily expectoration of large quantities of matter. He had fallen off forty-two pounds, and was greatly depressed. I informed him that his lungs were not diseased, and that there was no necessary obstacle to his recovery. His friends thought he became worse under my treatment, for at the end of four weeks he was confined to his bed day and night, with frequent rigors and flushes. The pain steadily increased, at times aggravated almost beyond endurance by a cough, which I thought nothing could safely control, and hence gave nothing for it. He thought he could not live unless speedily relieved; his relative, a physician of the could not live unless speedily relieved; relative, a physician, came to remonstrate against my "holding out hopes of recovery to a man who was evidently sinking with Consumption." I informed the patient he was better; that he would probably need no more medicine, and explained to him the reasons for such an opinion. In a few days his strength began to increase, and he walked out. He left the city soon afterwards, and now, at the end of three years, he is a hearty, healthy man, weighing upwards of two hundred pounds, having taken no medicine since he saw me. I considered his case to be one of great torpldity of the liver, with abscess, and treated it accordingly.

The reader may see by this, how important it is some times to know that a case is not Consumption, and also the value of a steady resistance against ignorant

also the value of a steady resistance against ignorant interferences.

July 23.) "Your lungs are not diseased, nor are they even impaired in their action. There is not only no Consumption in your case, but there is a less tendency that way than in most persons. You have not merely lungs enough for the ordinary wants of the system, but a large amount in reserve. Your whole aliment is a dyspeptic condition, and there is no reason why a rational habit of life should not restore you to as good health as you have ever enjoyed, without any medicine whatever."

He complained of pain in the breast, large expectora

tion, voice sometimes husky, and a tightness across the

chest.
(July 23.) "Your lungs at this time are not in a satisfactory condition, more than one-sixth of them being valueless to you. A portion at the top of the right breast has decayed away. Your case is one presenting all the ordinary symptoms of common Consumption. It will be altogether impossible for you to arrest the progress of your disease if you continue your present habits of business (printer). If you pursue an out-door calling, and acquire indicious habits of life it out-door calling, and acquire judicious habits of life, it is probable that your disease may be arrested, and that you may be restored to renewed health."

Note.—As he had a good appetite, was working daily at his trade, and did not feel very bad, he thought it not advisable to abandon his calling, and died in three

months.

(Nov. 8.) "Your lungs are whole, sound, and in full working order. There is at present no appearance of Consumptive disease. Your ailments arise wholly from general constitutional causes, and may be removed by proper and rational habits of life and conduct."

Note.—He was not satisfied with my opinion; was fully impressed with a belief that he was falling into a decline, and insisted upon repeated examination. He was a man of wealth, of fortunate social relations, and very naturally dreaded death—too much so for a man, He observed faithfully the directions given, no mail. He observed faithfully the untertools given, no medicine was advised, and wrote in three months that he was as well as he ever was in his life; his chief complaint was an "uneasy sensation about the heart," and some "trouble in the throat."

(Nov. 9.) "Your lungs are not diseased materially at this time. They do not work fully, but there is no decay. Your ailment is Chronic Laryngitis, of a very dangerous and aggravated character. It is very doubtful whether you will get well. Something may be done for you by a rigid attention to all the directions given."

Note.—He could not speak above a whisper; swallowed food with great difficulty and pain. He remained under the treatment of his family physician,

and died in seven weeks.'

and died in seven weeks."

(849). "You are suffering under the combined influence of dyspepsia and consumptive disease, and they mutually aggravate each other. One-fifth of your lungs are now useless to you. This is a very serious deficiency. The extent to which you may be benefited, can only be ascertained by attention to directions given. Your case is not hopeless, yet it is critical and of a very grave character." He died in five weeks. He could not or would not control his appetite and the author ceased to prescribe as is his

critical and of a very grave character." He died in five weeks. He could not or would not control his appetite, and the author ceased to prescribe, as is his practice when instructions are not implicitly followed. (Aug. 30.) "All your ailments arise from a want of natural proportion between exercise and eating. If these were properly regulated, you would get well without any other means, as the lungs are sound, healthy, and entire. You are too full of blood, and it is not healthful; hence it does not flow freely, but gathers about the internal organs, oppressing them and giving rise to any number of ailments, constantly varying as to character and locality. Make less blood, and take more exercise, according to the printed in structions given you, and your return to good health will be speedy and permanent."

She complained of pains and oppressions, particularly

She complained of pains and oppressions, particularly about the chest, tickling cough, &c. I heard no more of her for six months, when her husband, a Southern planter, called to express his satisfaction, and to say that she was in good health, and had been for some

(Sep. 30.) "Your disease is common consumption of the lungs. It began at the top of the right breast, and

after making some ravages there, it ceased and attacked the left, which is now in a state of continued decay. It may spontaneously cease on the left side, as it did on the right; in that event, life would be preserved for the present. Without such an occurrence as just named, one-half of the lungs being useless to you, the constitution usually fails in six or eight weeks, and sometimes much sooner." She died in six weeks.

Frail and feeble persons often outlive by half a life-time the robust and the strong, because they feel compelled to take care of themselves, that is, to observe the causes of all their ill-feelings, and habitually and strenuously avoid them. Our climate is changeable, and in proportion unhealthful. In New York City, for example, during one week in December last, in which the thermometer ranged from five degrees above Zero to fifty-five, there were forty-one deaths from inflammation of the lungs, while the ordinary number is about fifteen. The healthy disregard these changes to a great extent, and perish within a few days. The feeble are more sensitive to these changes; they increase their clothing and their within a few days. The feeble are more sensitive to these changes; they increase their clothing and their bedding with the cold, and with equal care diminish both, with the amount eaten, as the weather grows warmer, and thus long outlive their hardier neighbors. These precautions, with others, must all observe, THROUGH LIFE, who have been cured of an affection of the throat or lungs. Let this never be forgotten, for the often you are re-attacked, the less requirer into the oftener you are re-attacked, the less recuperative energy is there in the system, and the less efficient will be the remedial means which once cured you, unless by months of continued attention and wise observances you give the parts a power and a strength they never had before. This can be done in many cases.

But once cured, avoid the causes which first injured you. If you put your hand in the fire, you may restore it, but however magical may be the remedy, that hand will be burned as often as it is placed in the fire, without any disparagement of the virtues of the restorative. No cure of your throat or lungs will render you invulnerable. What caused the disease in the first instance will continue to cause it as long as you are exposed to them. No promise is given you of permanence of cure longer than you are careful of your health. The safer plan by far will be to consider yourself peculiarly liable to the disease which once annoyed you, and make proportionate endeavors, to guard yourself habitually against its advances. All assurances that any mode of cure will afford you a guarantee against subsequent attacks, are deceptive. No medicine that any man can take in health will protect him from disease There is no greater falsity than this, that if you are well, a particular remedy, or drink. stance will continue to cause it as long as you are extect him from disease There is no greater falsity than this, that if you are well, a particular remedy, or drink, or medicine, will fortify the system against any specified disease, whether cholera, yellow fever, or any other malady. So far from this being so, it is precisely the reverse. Doubly so, you are thrown off your guard, and in addition you make the body more liable to the prevalent malady by poisoning the blood; for whatever is not wholesome food, is a poison to the system, pure water excepted. Nothing, therefore, will protect a healthy man from disease but a rational attention to diet. exercise, cleanliness, and a quiet mind: tention to diet, exercise, cleanliness, and a quiet mind; all else will but the more predispose him to it. But when once diseased and then cured, these things are not sufficient to keep him well; he must avoid what first made him an invalid, otherwise permanent health is not possible, but a speedy relapse and death are inevitable, as to Throat-Ail, Bronchitis, and Consumption.

DANGER OF CUTTING TONSILS.

M. Landouville removed an enlarged tonsil is a woman, aged 21. In eight days she had uncontrollable woman, aged 21. In eight days she had uncontrollable spitting of blood, which was constant, besides vomiting a large quantity. Small pulse; extremities cold. The danger was imminent. Various means had already been adopted in vain; such as ice externally, styptics internally; then pressure with lint dipped in lemon quice; but it was at length controlled by pressing ice against the spot with forceps. (See Hays' Med. Jour.) October, 1851.) Other cases are given in medical publications; they are not of frequent occurrence, but each lications; they are not of frequent occurrence, but each one operated upon is liable to experience disagreeable results. An operation is seldom necessary—not one case in twenty. And as in the case above, the danger was not over for a week after the operation had been performed, others who have the tonsils taken out

many instances wholly unmanageable, and ends ratally, simply from its being thought lightly of, until it has produced such a state of general irritation throughout the system, that the constitutional stamina is exhausted, and the pulse is habitually a fourth, or third, or even more, above the natural standard. Most generally, such cases go on to a fatal termination, in spite of all modes of treatment. This is so uniformly the result that any certain herefit in such cases cannot be sult, that any certain benefit in such cases cannot be suit, that any certain benefit in such cases cannot be promised; nor is it just that the general principles of treatment should suffer discredit from failure here; they are admirably and uniformly successful when ever they are applied in the early stages of the disease It is to invoke prompt attention to the first and earliest symptoms of Throat-Ail, that pains have been taken in these pages to describe them plainly, clearly, and distinctive.

Notice.—The book from which the above is taken, entitled "Bronchitis and Kindred Diseases," 397 pages, 12mo, will be sent post-paid Also "Consumption," "Health for \$1.60. and Disease," and "Sleep," all at the same price, by addressing as below.

Air, Bathing, Baldness Biliousness, Cholera. Colds cured, avoided. " " prevented, Corns cured, Coffee, Catarrh. Coal fires. Costiveness, Dyspeptie, Diarrhœa, Dieting, Drinks. Dysentery, Deafness, Eating, Exercise, Eyesight,

distinctly.

Feet Cold, Flannel, Hair, Health essential, Health Preserved, Insanity Neuralgia. Nursing, Precautions, Premonitions, Physiological, Private Things, Rheumatism, Sleeping, Sick headache, Sour Stomach, Sunshine, Ventilation, Warnings, Walking.

The above, with nearly two hundred and fifty health tracts in all, are comprised in the bound volume of HALL'S JOURNAL OF HEALTH, being volume twelve, sent post-paid for \$2. Hall's Journal of Health for 1866 is issued monthly, for \$1.50 a year, at No. 2 West Forty-third street, New-York, immediately in the rear of 464 Fifth avenue. All the Fifth avenue stages stop at the door ten minutes, and return down-town. Any person sending the names of five persons, who have never taken the Journal before, will have five copies sent to one address for \$5. The Journal for 1866 will be sent to any clergyman or student of divinity, at any theological seminary, for \$1. The postage is twelve cents a year, to be paid to the postmaster who delivers it. Address, with name, town, county, and state, in plain Roman letters,

HALL'S JOURNAL OF HEALTH, No. 2 West 43d Street, New-York.

HALL'S JOURNAL OF HEALTH.

OUR LEGITIMATE SCOPE IS ALMOST BOUNDLESS: FOR WHATEVER BEGETS PLEASURABLE
AND HARMLESS FEELINGS, PROMOTES HEALTH; AND WHATEVER INDUCES
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

We aim to show how Disease may be avoided, and that it is best, when sickness comes, to take no Medicine without consulting an educated Physician.

VOL. XIII.]

AUGUST, 1866.

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[No. 8.

EPILEPSY,

OR "Falling Sickness," is the sudden loss of all consciousness, with convulsions, foaming at the mouth, or livid face, with utter prostration of power and sense; in a few minutes, the patient recovers, but without the slightest recollection of what has taken place. These attacks come on, apparently, as sudden and as unanticipated as a stroke of lightning in a clear sky. The original word means "to seize upon"—as at any time, in conversing with a friend, or seated at the table, or riding in a carriage, or sitting by the fire, and with every external appearance of perfect health, these "fits" come on with fearful contortions, with grinding of teeth, and uncontrollable action of every limb and muscle of the body. It is most generally an incurable disease of the brain, as a result of a scrofulous This epileptic condition, or susceptibility, may constitution. be in a person, but may never be brought out, never developed, because an exciting cause may never be applied—just as powder will never explode unless a spark is applied. The object of this article is mainly to state some of the exciting causes of epilepsy, and thus prevent the development of so unfortunate a habit of body; for its nature is such, that if it occurs but a few times, the habit is formed for a lifetime, or an exemption is purchased only at the price of an eternal and painful vigilance.

The epileptic habit is nearly always set up in early child-hood, the most common causes being terror or sudden fright—

such as may be occasioned by some sudden noise, or the presentation of some terrifying object. It is not always that the child survives the first fit, and pity is it that it ever should, for it is nothing short of a living crucifixion to a parent's heart to witness the terrible contortions which seem to rack, with unendurable agony, every fibre of the innocent and uncomplaining sufferer-we say "seem," with an emphasis, for every circumstance connected with an epileptic attack indicates, most unmistakably, an utter unconsciousness of any bodily suffering. A child under three years of age was left in charge of a nurse, while the mother attended an evening party. On repairing to its little crib, on her return, to see that all was well-after the assurance of the maid, that it had been sleeping soundly, not having made "the slightest bit of a noise"—the eyes were glaring widely open, the whole features were stamped with an expression of vague and indescribable horror, and life was extinct. At the feet of the child had been placed a human skull, taken from a doctor's office table.

Parents sometimes frighten their children for the amusement of witnessing their gestures and exclamations: as to its reprehensibility, we need make no remark.

When an epileptic attack is repeated two, three, or four times, there is seldom any refuge short of the grave, the end being fatuity, or sudden death. Our greatest anxiety in this article is, to attract parental attention to the first attack; so that, by exercising a most untiring vigilance against the causes which may repeat it, they may prevent the establishment of the terrible habit, for a few years; for after children enter their teens, the susceptibility of an attack is almost nothing. The cause next in frequency to terror and sudden alarm, is connected with the stomach, as eating some unaccustomed or indigestible article of food in large quantities. We once knew a beautiful boy of promise, under ten, who having, with some companions, got hold of some eggs, boiled them hard, and ate several, without anything else; he died in convulsions, in a few hours. Often are our children on the verge of such results, by the inattention of parents to their feeding; but they are relieved by spontaneous vomiting, bringing up a mass of sour, undigested food, perfectly nauseating-thus preventing fatal fever, or the more terrible epilepsy.

Bathing a child in cold water, soon after a hearty meal, is quite sufficient to bring on an epileptic attack in a scrofulous constitution.

We were once called to an only child, about nine years old, in alarming convulsions, with incoherent utterances. He had eaten a hearty dinner, and from some childish freak, had followed it up with an enormous amount of table-salt. Nature would not vomit, but art gave instantaneous relief to an outraged stomach, and little Richard was himself again.

Eating largely of soggy bread, or of the sodden undercrust of a pie, or of pudding a little soured, may bring on an attack. When an epileptic habit is once established, our main attention must be directed to avoiding the causes of attack, and to the prevention of a threatened attack—waiting the meanwhile for one of those periods of life which are generally believed to make radical changes of constitution, either for better or worse; the most decided of which are the few years including fourteen and forty-two.

One man represents that he prevents attacks in his own case by an iron wedge, which he always carries about him: we should think a wooden one would answer the purpose, with greater convenience. As soon as he perceives a premonitory symptom—different in different persons, but present in all, and which a close observation will soon learn—he introduces it into his mouth, so as to stretch it open to the utmost possible extent. The forcible distention, or extension, of any other muscle of the body would do the same thing—the pulling of a leg or arm, for example, but this requires the aid of another person; but as everybody is often alone, necessarily, it is important to have a remedy which the patient can apply himself promptly, and at all times. Let any reader, who is exempt from this affliction, stop a moment in affectionate gratitude to Him who ruleth over all, that such a lot is not his own.

It has been said that a black silk handkerchief, thrown over the face while the fit is on, will bring the person "to" instantly. No person subject to these attacks should ever be allowed to be alone, or on horseback, or to walk along the banks of rivers, or in crowded streets, for obvious reasons. The attacks are sometimes indefinitely postponed by the most vigilant attention to diet. We personally know that this was the case with the great author of The Cause and Cure of Infidelity.

While medicine has no power to cure epilepsy, it is very certain that grown persons can keep it in abeyance by the exercise of a close observation and a sound judgment—can, in other words, ward off an attack for a lifetime, by attention to two things: First, by avoiding, as to quantity and quality, the food which causes any kind of discomfort. Second, by regulating the system so as to have one full free action of the bowels every twenty-four hours. To look for restoration in any other direction is utterly hopeless.

A gentleman who was afflicted for some time with epilepsy, and who writes, "I am now entirely recovered," adds: "While under the crushing effects of this disorder, I was nearly a worthless specimen of humanity; now, I am cured, and understand how to stay cured. I am as vigorous, energetic, and competent, as at any period of my life; and the difference between the two conditions, upon the nervous and mental powers, is wonderful." Restoration was effected, in this case, by the application of the principles already suggested.

MENTAL DEVELOPMENT.

THE great mind and the vigorous constitution are so often united in the same person, that we are compelled to the conclusion that high physical health in earlier life is, as a general rule, the ground-work of mental power. Some of the most eminent men of the present century are men who, in earlier life, were exposed to great physical hardships, had to endure a great deal of hard work, and to pass through many trying self-denials. Thus it is that out of the "West"—that very "West" which, in the estimation of multitudes of Eastern minds, is the abode of people, who, in morals and manners, are at no very great remove from savageism—stars have arisen, and are rising, which so beautify the mental sky above us, as to cause us to inquire, What will the end of these things be?

A correspondent of the *Philadelphia Bulletin*, writes of Rev. N. L. RICE, D. D.

"He is, unquestionably, one of the ablest of living American divines. His preaching is compact and argumentative, yet singularly lucid and simple. His manner is easy and unassuming, yet remarkably earnest and impressive. As a debater, he has few, if any, superiors in the land, as his celebrated discussions with ALEXANDER CAMPBELL, and various religious errorists, have clearly shown."

What the "Home Missionaries" had to encounter near half a century ago, is illustrated in the life of one who is now no more, as to the visible world around us:

"In the western part of Virginia was situated a log cabin, the chinks of which were daubed and filled with yellow mud. It had, perhaps, half a second story, where you could study astronomy without leaving bed, and adopt hydropathy without the aid of any doctor; the kitchen serves as a breakfast and dining, a dressing and preaching-room. A number of hens with their chickens are taken in for safe-keeping. Amid the barking of dogs and noise, and after midnight, when all had retired to rest, stretched on his stomach, before the embers of the fire, which served for his midnight oil, he not only acquired a sufficient knowledge to prosecute his calling, but became master of several languages. He preached in one year four hundred times, travelled five thousand miles; and at the end of that time his salary amounted to twelve dollars and ten cents! That man was HENRY B. BASCOM, who was since raised to the Methodist Episcopacy, in which position he was an ornament to the Church."

Not all the elegance of manner and high-bred courtesy in the world is found in the East; for the most perfect pattern of a Christian gentleman within the last fifty years, was found in the person of the Rev. John C. Breckenridge, D. D., the uncle of Ex Vice-President of the United States, and the brother of the Modern John Knox, whose name, like that of Henry Clay, needs neither prefix nor affix to give it note, and whose fellow-citizen, and neighbor, and friend he was, Robert J. Breckenridge; and all these were "Western" men.

Never in the history of the old "Tabernacle" of Broadway, did so many hundreds of disappointed men and women go away from its doors, for want of room, for many nights in succession, as when Nelson and Gallaher riveted the attention of the motionless thousands who hung upon their lips—men these were, as giant in body as in intellect, raised mainly

on corn, potatoes, and wild meats, in the mountain fastnesses of East Tennessee.

And then there is another man, the playmate of our earliest youth, whose father wore the hunting-shirt of Daniel Boone, and walked in the moccasin of the wild Indian; hardy as a pine-knot is he, and one of the most efficient clergyman of his faith. The "Presbyterian Quarterly Review" has an article by Dr. Wilson, of Newark, which says of one of his sermons: "We cannot forbear to quote the noble peroration, it reminds one of the swell and march of Dr. Mason's Sermon on the Mediatorial Reign: he was born and lived in the West, until his heart is in sympathy with its vastness." But the East could not as well do without this Western man; so the Rev. Thornton A. Mills, D. D., conducts, in New York, one of the most important offices in his church.

We write these things to show, that to be great, and to accomplish great things, to fill efficiently the most important places in the church and nation, vigorous bodily health seems almost indispensable. To all young men, then, who aim to do good on a large scale, we say most earnestly: Nurse your constitution with pious care, invigorate it; study to be well, as the necessary means of doing well, in the highest sense of the term.

AN AFFECTING LETTER.

" December 1.

"Dear Sir:—Will you be so generous as to send a specimen number of The Journal to one who, besides having been, for the last five years, the unfortunate victim of chronic rheumatism, has recently suffered with evident premonitions of a pulmonary character. I have long desired to avail myself of the valuable information furnished by The Journal, and indigence (being perpetually dependent upon the charity of my friends) has alone debarred me from that privilege. With a specimen number, I think I shall be able to extend its circulation among the host of visitors (physicians included) who are constantly drawn to my bedside by a desire to witness my (perhaps) unparalleled condition. For several years, I have been stretched perfectly helpless upon my couch, every joint within me as rigid as

though I were a mass of stone. My digestive organs are, however, unimpaired, and my intellectual faculties as vigorous as ever; and I am thus enabled, with the aid of a young sister as amanuensis, to instruct a small class of pupils, and to examine such medical works as I am enabled to procure, with a hope of gaining some information which may benefit my health.

"Your reputation for philanthropy encourages me to make this request. Very truly yours."

**Chronic Rheumatism, as above, is always the result of the too sudden or long-continued cooling of the body, the fruit of ignorance or foolhardiness. While we admire the philosophical and uncomplaining spirit of our correspondent, and while we extend to him our high respect and warmest sympathies, and while we earnestly call upon the many who have a so much happier lot, because more healthful, to be duly grateful for that happier lot, we cannot but raise a high note of warning to all who can profit by it: Take care of your health while you are young! And further, to all parents who have any solicitude for the happiness of their offspring, when they themselves have passed away—*Compel your children to take care of their health!

HAIR SPECIFICS.

LET them alone. The whole of them are a cheat. There is not one single exception under the sun. A "specific" in medicine, is a term which implies certainty of effect. Hair falls out from the want of nutriment. It dies, just as a blade of grass dies in a soil where there is no moisture. This want of nutriment is functional or organic. The mechanism which supplies it, the apparatus, is there to make it; but it is out of order, and makes it imperfectly: so the hair being imperfectly nourished, is dry, scant, or a mere furze, according to the degree of the defective nourishment—that is "Functional Baldness," and can be remedied radically and permanently in only one way, and that is, by taking means to improve the general health.

"ORGANIC" Baldness is when the defect of nutriment arises from the destruction of the apparatus which made it: there is no machine there. Under such circumstances, nothing short of the power which made man first, can make that hair grow again.

When the scalp is in any part bare of hair, and shiny, or glistening, that is organic baldness, and there is no remedy. If there is not that shining, glistening appearance, but a multitude of very small hairs, causing a "furziness" over the scalp, that is "functional" baldness; and two things are to be done. Keep the scalp clean with soap-suds—that is a "balm of a thousand flowers," flavored; and more specially, and principally, seek to improve your general health, by eating plain, substantial food, at three regular times a day, and by spending three or four hours, between meals, in moderate exercise in the open air, in some engrossing employment.

As to men, we say, when the hair begins to fall out, the best plan is, to have it cut short, give it a good brushing with a moderately stiff brush, while the hair is dry, then wash it well with warm soap-suds, then rub into the scalp, about the roots of the hair, a little bay rum, or brandy, or camphor water. Do these things twice a month, but the brushing of the scalp may be profitably done twice a week. Dampen the hair with water every time the toilet is made. Nothing ever made is better for the hair than pure soft water, if the scalp is kept clean in the way we have named.

The use of oils, or pomatums, or grease of bears, pigs, geese, or anything else, is ruinous to the hair of man or woman. We consider it a filthy practice, almost universal though it be, for it gathers dust and dirt, and soils whatever it touches. Nothing but pure soft water should ever be allowed on the heads of our children. It is a different practice that robs our women of their most beautiful ornament, long before their prime. The hair of our daughters should be kept within two inches, until their twelfth year.

SUICIDE.

ABOUT as many people kill themselves in England as in France, according to the population—three or four thousand a year. In a previous number, it was stated, that crime most abounded in summer-time in England; and the same is the case as to suicide; it is oftenest resorted to, not during the fogs of November and the piercing cold of mid-winter; it is in the

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merry month of May, in flowering June, and in the glad sunshine of July. Largely over three hundred court death in a summer month, while chill December does not give two hundred. It is one of the rarest of all occurrences to hear of a man's drowning himself in midwinter; the very idea of being frozen to an icicle is repulsive!

It is a matter of considerable practical importance to ascertain the cause of the increase of crime and suicide at a season of the year when all Nature is so full of flowers, and sunshine, and gladness, for we would naturally suppose these were circumstances calculated to increase our love of life.

We believe that the question is fully and philosophically answered in one word: "Idleness."

"For Satan finds some mischief still For idle hands to do,"

is as true now as when first sung by the immortal ISAAC WATTS.

Men who have half a dozen irons in the fire, are not the ones to go crazy. It is the man of voluntary or compelled leisure who mopes, and pines, and thinks himself into the madhouse, or the grave. Motion is all Nature's law. Action is man's salvation, physical and mental. And yet, nine out of ten are wistfully looking forward to the coveted hour, when they shall have leisure to do nothing, or something, only if they feel like it—the very Siren that has lured to death many a "successful" man.

He only is truly wise who lays himself out to work till life's latest hour, and that is the man who will live the longest, and will live to most purpose.

As to the body, the summer heats relax, invite to physical inactivity and ease; locomotion is an effort; the mind itself participates in the inertia of the body, and both stagnate together. On the contrary, the sparkling frosts of winter rouse up our activities, the pulses bound with the fire of life, and we are ready, at a moment's notice, to do or dare anything; we can scarce keep the body still; motion is a luxury, while in summertime it was a drag. The great practical lesson is, in proportion as you would avoid crime and madness, aim to be fully employed, whether in summer or winter, in doing something which combines, in its highest extent, the useful and the good.

ADVICE TO CONSUMPTIVES.

From Dixon's Scalpel.

"A CELEBRATED impostor, whom you have appropriately designated a vulture and a jackal, professes to cure consumption by inhalation, and boasts, through the New York press, that the deaths by consumption have materially decreased in that city, since he began to minister to the consumptives. Place no confidence in his vaunted magic. Search for the true cause. Find out what hygiene has done; what a different course of treatment, generally, has effected; what honest newspapers and health magazines have done, to assist in this diminution of death from consumption. Inquire whether the increased use of exercise and good food, and the decreasing fashion of cramming the sick with medicines, have not lent their aid. rary relief is not a cure, though all such cases are counted cures by this unscrupulous character. The winds grow keen: do not let them drive you into the house. Dress warm. Take exercise, even at the risk of getting your nose frozen. Subscribe to some good Journal of Health, and follow its dictates, if you find them good; expose any errors in their advice, if you find them, and trust to natural remedies above all quack and patent medicines."

From the Eclectic Medical Journal, Cincinnati, Ohio, for May.

"The impostor referred to in the above lately made a visit to Cincinnati. He had a fine run, which lasted for several days. He succeeded in making some money, and, for a few days, in making his dupes believe that they were improving in health; but suddenly, the effects of the powerful anodynes which he used subsided, and his patients could realize their true situation. Some complained, some demanded the return of their money, others proclaimed publicly, and at the hotel, to all others who proposed to consult this celebrated impostor, that he was such. Then he received an important telegraphic dispatch, that he must return to New York. So one morning, at the usual hour for opening his office, his patients found that he had gone."

From Hall's Journal of Health, for 1856.

"You want air, not physic; you want pure air, not medicated

air; you want nutrition, such as plenty of meat and bread will give, and they alone. Physic has no nutriment. Gaspings for air cannot cure you. Monkey capers in a gymnasium cannot cure you. Stimulants cannot cure you. If you want to get well, go in for beef and out-door air, and do not be deluded into the grave by advertisements and unreliable certificates."

We do not know who are the persons referred to in the papers above-named, and rather think that the "Eclectic" is mistaken in stating that any New Yorker has performed the part charged. It is so easy to get hold of the wrong end of a story in the papers, that we pay the slightest attention possible to such narrations; the great practical fact to which we desire to direct the special attention of the reader is, that schools of medicine so wide apart as Allopathy and Eclecticism unite so cordially in sentiment as to the only efficient means of successfully treating consumptive disease, and that their theory of to-day, is identical with our own views, as published in our Journal ten years ago, and in our books, ten years before that. But the great difficulty is, not that consumption cannot be prevented, or permanently arrested, if already in progress; it is rather found in the fact, that in this fast age, men want to get well in a minute, and patronize those who most pander to their desires, and who blow their brazen trumpet with the loudest blast. Any practice that makes a man feel better soonest, is caught up with avidity and lauded to the skies, before time has been given to test the permanency of effect; so by the time the falsehood is on its feet, and often before the ink is dry which recorded it, the victim is in the grave, and can never give the contradiction.

But better, because more truthful sentiments, begin to prevail: human health is more a study; and we trust the time is not far distant, when some publication, in the nature of this Journal, will be taken by every family in the land, as ought to have been the case long, long ago.

Multitudes there are, especially of young people, who squander their money, and their more precious time, in the purchase of trashy reading, and mere animal indulgences, to end in premature death; whereas a dollar or two a year for this Journal and The Scalpel, its profanities excepted, with a few hours a month spent in reading them, and putting their teachings in practice, would result in a healthful and genial old age.

CAUSES OF DISEASE.

"I THANK you very much for the valuable counsel and improved health you have given me. I feel confident that most of the diseases to which clergymen are subject arise from their own imprudence, or perhaps ignorance. We attribute many of our ailings to the visitation of God's Providence, when we had better call them the visitations of our own folly. We pray for vigor and strength of body when we pursue a course of conduct which sets all the known and unknown laws of health at defiance. I believe that a vast amount of disease, save that which is hereditary, is as much the fault of the patient as delirium tremens is the fault of the drunkard. I like your Journal and its motto. You 'labor for the good time coming,' you will die before it comes; but your words, your principles, and influence will work on, in unforgotten power. I feel so much better, I see no reason why I should not say perfectly well. I labor and study with delight—think I am the happiest man alive."

It may add to the interest and value of this case, to observe further, that the writer was the efficient minister of an influential people—was on the point of giving up his charge, either permanently, or for a tour to the continent of Europe; but writing for our advice, we encouraged him to hold on, work hard, and get well, under the circumstances under which he expected to remain. The result of a month's treatment tells its own story. This is a good advertisement of our skill thus far, but we choose to tell the whole story. We thought he was more scared than hurt, rather more desponding than the circumstances of the case warranted; for beyond a pill or two-whether of bread, assafcetida, or solidified aqua fortis, the deponent sayeth not—we sent him nothing but some good advice, which, in divers similar cases, did no good at all; the difference being simply this, he had intelligence, self-denial, and decision. He had sense enough to be instructed as to the nature of his case. to appreciate the adaptation of the means proposed, and the moral courage to compel himself to the observance of those means; hence he staid at home, stood his ground, worked hard, and got well. In our branch of medicine, we never could cure a soul, not a single soul, of that class of persons who know every

thing and more too. To get well of any chronic disease, of a serious character, and to remain cured, a man must be led to see the nature of his own case, the needs and requirements of his own constitution, and must have that force of character which compels compliance with those requisitions. As long as the world stands, the ignoramus and the animal will die before his time. Intelligent self-denial is the price of health and long life the world over: it never will be otherwise.

FOOD ITEMS.

EVERY hour's exposure to the light, after an Irish potato has been dug from where it grew, deteriorates its quality.

EGGs, when put in water, will, if good, invariably swim with the large end upwards; if not, they are bad.

Mrs. Horace Mann has written a book, entitled, Christianity in the Kitchen.

GLASS WARE will be bright and clear if washed in cold water. White Beans, at a dollar a bushel, are a more profitable crop than wheat, at a dollar and a quarter a bushel; and, at the same time, make one of the cheapest and most nutritious articles of food we can use.

For preparing *Pickles*, cold vinegar should be used; a small piece of alum in each jar makes them firm and crisp.

HOMINY, plain, cheap, healthful, and savory, if boiled one hour, and then enveloped with a blanket until cool, is said to be cooked as thoroughly as if boiled as usual, all day.

TURNIPS are among the least nutritious of all food, nearly ninety per cent being waste; this bulk in the stomach satisfies hunger, while it affords very little nutriment; and as an oversupply of nutriment, eating too much, kills three out of four prematurely, turnips are an advisable article of diet to those who like them, and experience no discomfort after eating them in moderation; while the large amount of waste, by the distension which it occasions, stimulates intestinal action, and thus tends to remove constipation. For these reasons, boiled turnips and brown bread should be largely used, if they agree with them, by invalids and sedentary persons.

A BEAUTIFUL SAYING.

"HE is happy that finds a true friend in extremity; but he is much more so, who finds not extremity whereby to try his friend."

Many things read well, and, at first glance, strike us as beautifully true; but, on more mature reflection, we cannot but pronounce them to be as false as they are fair. Of these, the quotation above is one, for a higher than mortal authority says: "It is good for me that I have been afflicted." It is ordained that exaltation and humility, alternate joy and sorrow, shall checker as well as fructify the field of Christian life. And as to pecuniary reverses, high authority, as well as a correct observation, show us, "It is good for man that he bear the yoke in his youth."

It is not less true in matters pertaining to human health. We read many things written by so-called "Reformers," which appear "very reasonable;" but their rationality vanishes into thin air, when put to the test of a severe scrutiny. The best advice we can give to our readers is: "Be shy of everything new." Stick to the old paths. But be sure that they are the old ones. The experience of ages is not to be slightly disregarded. We should be slow to abandon what our fathers before us have uniformly found safe and good. If we do change at all, let it not be on the spur of the moment, but only after mature deliberation. The customs of a nation are the practical results of the combined observation of that nation in the course of generations, and, to a considerable extent, are founded on common-sense principles, are the best under the circumstances. Hence every man, however intelligent, should oppose a custom of the country with great diffidence, and not without long and deep investigation. It is for the lack of this, nine-tenths of our "Reform" movements pass to their original nothingness in a very brief space of time. One or two, especially, are en route to that destination, which it would not be proper now to mention.

GAMES OF SKILL.

A CORRESPONDENT asks: "What do you think of GAMES OF SKILL, as Chess, Draughts, or Chequers?" Not understanding such games, our opinion may be of little worth; but we think that human life is too short, its true work too large, and its real object too momentous, to be frittered away with such tom-fooleries. So much for the moral of the subject. As to the mental effects of such employments, they certainly promote habits of deliberation and thoughtfulness, and very important characteristics are they, in this hurry-skurry, helterskelter, neck-or-nothing age. But far higher purposes would be attained by an equal time spent in the demonstration of some of the problems of Euclid, because they compel the mind to attention, to thoughtfulness, and to habits of legitimate deductions, the want of which is one of the most radical defects of modern education, and one of the most constant causes of making life a failure.

As to the physical tendency of spending hours together, bending over the table, with that insufficient and imperfect breathing which attends an interested mind, any one's common sense will give the answer, that such pastimes are full of mischief, are worse than useless. To all we say, and to invalids and sedentary people especially, when not engaged in the actual and serious business of life, be out and about; sing, whistle, laugh, romp, run, jump, swim, row, ride, do anything, rather than sit still within any four walls, or lounge on a sofa, or doze in a chair, or sleep over a dull book. Moderate and continuous exercise in the open air is without a second, as a means of health, both to the well and to the sick.

A LADY SUBSCRIBER, from the sunny South, with forty years' housekeeping experience, says, that the best vinegar is made by allowing a barrel of cider to remain in a cool place for a year or two, and that, after that time, it grows stronger with age. But to a New Yorker, who would have to give a dollar a gallon for real cider, when he can get a gallon of good vinegar for twenty cents, this would be a losing transaction—to say nothing of the "interest on his money:" and not to get that, would kill a Gothamite sooner than the dyspepsia.

SABBATH DAYS.

Many a man has confessed under the gallows, that his downward progress began with misspent Sabbaths. Upon investigation, it will be often found, that the first steps taken were in what many call "innocent recreations," taking a drive, wandering in fields, loiterings by the river side, or visiting neighbors.

At home, or at church, are the places for spending the hours of the sacred day; especially is it the way of safety for young people—safety from the grog-shop, the engine-house, and the chambers of her whose ways go down to death: and how much of bodily disease are traceable directly to these three places, to say nothing of moral corruptions, any city physician, of even

moderate practice, has daily cognizance.

One of the ways of saving persons from these calamities is, to offer facilities for spending at least some of the hours of the Sabbath in religious worship. To make this practical in a single point of view, we state an experience of our own within a month: The afternoon service by our own minister being necessarily omitted, we went to the next church in the same street at the usual hour of half past three o'clock. The bell was ringing, the church doors were open, but beyond one old lady taking her seat, there was not a living creature to be seen. The bell tolled on. In the course of a quarter of an hour single individuals began to drop in. We made inquiries of several as to the hour of service; we had asked near a dozen persons, not one of whom knew anything. The questions came pouring in upon us: Who preaches here? Is there any service this afternoon? What time does church call? Is this an Episcopal Soon there was a crowd of well-dressed men and women standing about the door, looking in, and looking around. At last, persons began to come, who, by their direct passing on, seemed to be at home; but neither volunteering information or a seat to any of the standing company; the crowd increased, and the bell tolled on. As near half an hour is a long time for a professional man in a large city to stand with his finger in his mouth, we concluded we would pass on to some more hospitable vestibule, and visited two churches in succession, both of which were closed, to wit, on the third day of May.

The derelict church occupied a frontage of some two hundred feet on Fifth Avenue.

The practical thought occurred to us as the people came and went away, that for the sum of two dollars, a neat frame might have been placed against the wall in the vestibule, stating, first, the hours of service, and then designating some portion of the building where strangers might seat themselves, without waiting for the sexton to get through his half hour's bell-tolling.

We might further suggest, that a "lot" be sold off, the interest on the proceeds of which should be appropriated annually to the hire of two active young men, whose business it should be, while the sexton was tugging at the bell-rope, to answer the inquiries of strangers, and courteously show seats to such as wanted them. We may also add, and that too from our own experience as a world's traveller, our conviction of the great convenience it would be to travellers to see in the hotels a kind of church directory, in a neat frame, near the clerk's desk or registry-book, stating where, and at what hours and days, religious worship was held. Each of the half dozen principal denominations could have a separate column, all in a frame of a single square foot. We once walked the streets of London for a full hour on a beautiful Sunday morning in search of a Methodist or Presbyterian congregation, asked every policeofficer we saw, without accomplishing our object.

We know very well, that in any of our large cities, there is not a night or a Sabbath day which does not find many strangers who would very gladly avail themselves of the opportunity of listening to some favorite or celebrated clergyman, if they knew where and when to go. Inexperienced persons may say: "It is easy to ask the clerk." That might answer in a small town; but in a city, it would be a hopeless work. In our large hotels, especially in Broadway, there is only one question that is either definitely, courteously, or correctly answered; and that is, the amount of your bill. New York physicians know, by experience, the difficulty of finding a person who has sent for them professionally. The flash hotel of Broadway, where people from the country will "put up" at, for the sake of "having it said" they stopped there, is notorious for this inattention. We have no idea that there is any malice in it, but simply indifference; they know nobody, except by the number of the room occupied:

General Scott is number "twenty," and Tom Thumb is number "twenty-two," and he is most regarded who has the most These things ought not to be, but they are; and we adduce them as illustrations of the policy of having a church directory in an ornamental frame, hung up in each of the prominent hotels of our cities. We believe its practical effect would be to save many persons, in the course of a year, from falling into temptation and a snare, and disreputable disease.

STUPIDITIES.

WALKING along the streets with the point of an umbrella sticking out behind, under the arm, or over the shoulder. suddenly stopping to speak to a friend, or other cause, a person walking in the rear had his brain penetrated through the eye, in one of our streets, and died in a few days.

Stepping into a church aisle, after dismission, and standing to converse with others, or to allow occupants of the same pew to pass out and before, for the courtesy of precedence, at the expense of a greater boorishness to those behind.

To carry a long pencil in vest or outside coat-pocket; not

long since, a clerk in New York fell, and the long cedar pencil so pierced an important artery, that it had to be cut down upon from the top of the shoulder, to prevent his bleeding to death, with a three-months' illness.

To take exercise or walk for the health, when every step is a drag, and instinct urges to repose.

To guzzle down glass after glass of cold water, on getting up in the morning, without any feeling of thirst, under the impression of the health-giving nature of its washing-out qualities.

To sit down to a table and "force" yourself to eat when there is not only no appetite, but a positive aversion to food.

To take a glass of soda, or toddy, or sangaree, or mint drops, on a summer day, under the belief that it is safer and better than a glass of cold water.

·To economize time, by robbing yourself of necessary sleep, on the ground that an hour saved from sleep is an hour gained for life, when in reality it is two hours actually lost, and half a dozen other hours actually spoiled.

To persuade yourself that you are destroying one unpleasant odor by introducing a stronger one, that is, attempting to sweeten your own unwashed garments and person, by enveloping yourself in the fumes of musk, eau de cologne, or rosewater: the best perfume being, a clean skin and well-washed clothing.

COMFORT.

THE great end and aim of the mass of mankind is, to get money enough ahead to make them "comfortable;" and yet, a moment's reflection will convince us that money can never purchase "comfort"—only the means of it. A man may be "comfortable" without a dollar; but to be so, he must have the right disposition, that is, a heart and a mind in the right place. There are some persons who are lively, and cheerful, and goodnatured, kind and forbearing in a state of poverty, which leans upon the toil of to-day for to-night's supper, and the morning's breakfast. Such a disposition would exhibit the same loving qualities in a palace, or on a throne.

Every day we meet with persons, who in their families are cross, ill-natured, dissatisfied, finding fault with everybody and everything, whose first greeting in the breakfast-room is a complaint, whose conversation seldom fails to end in an enumcration of difficulties and hardships, whose last word at night is an angry growl. If you can get such persons to reason on the subject, they will acknowledge that there is some "want" at the bottom of it; the "want" of a better house, a finer dress, a more handsome equipage, a more dutiful child, a more provident husband, a more cleanly, or systematic, or domestic wife. At one time it is a "wretched cook," which stands between them and the sun; or a lazy house-servant, or an impertinent carriage-driver. The "want" of more money than Providence has thought proper to bestow, will be found to embrace all these things. Such persons may feel assured that, People who cannot make themselves really comfortable in any one set of ordinary circumstances, would not be so under any other. A man who has a canker eating out his heart, will carry it with him wherever he goes; and if it be a spiritual canker, whether of envy,

habitual discontent, unbridled ill-nature, it would go with the gold, and rust out all its brightness. Whatever a man is to-day with a last dollar, he will be radically, essentially, to-morrow with millions, unless the heart is changed. Stop, reader, that is not the whole truth, for the whole truth has something of the terrible in it. Whatever of an undesirable disposition a man has to-day without money, he will have to-morrow to an exaggerated extent, unless the heart be changed: the miser will become more miserly; the drunkard, more drunken; the debauchee, more debauched; the fretful, still more complaining. Hence, the striking wisdom of the Scripture injunction, that all our ambitions should begin with this: "Seek first the kingdom of God and his righteousness;" that is to say, if you are not comfortable, not happy now, under the circumstances which surround you, and wish to be more comfortable, more happy, your first step should be to seek a change of heart, of disposition, and then the other things will follow-WITHOUT THE GREATER WEALTH! And having the moral comfort, bodily comfort, bodily health will follow apace, to the extent of your using rational means. Bodily comfort, or health, and mental comfort have on one another the most powerful reactions; neither can be perfect without the other, at least, approximates to it; in short—Cultivate Health and a good Heart; for with these you may be "comfortable" without a farthing: without them, never!-although you may possess millions!

EATING BY RULE.

Scientific investigation assures us, that "the amount of nourishment required by an animal for its support must be in a direct ratio with the quantity of oxygen taken into the system;" which, being put into homely English, means, that as our supply of oxygen comes from the air we breathe, it follows, that the more pure air we inhale, the more oxygen we consume; it then follows, necessarily, as out-door air is the purest, that is, has most oxygen in it, the more we breathe of that out-door air, the more nourishment do we require; and the more nourishment a man requires, the better appetite he has: hence, to get a natural appetite, a man must go out of doors; and as it is very tiresome

to be out of doors, unless one is doing something, and, as if we do something, it had better be of some account, therefore, who ever wants to whet up his appetite, had better spend his time out of doors, doing something useful. A very perspicacious ratiocination!

All this seems very rational and very right. Then why do we not act up to it? Why pursue the very opposite course, and instead of going out of doors when we feel dull, and stupid, and cross, and desponding, loll about the house, as blue as indigo, with not a word or smile for anybody? Having no appetite, we bethink ourselves of "tonics." The reckless take wine, or brandy, or vulgar beer; the conscientious do worse, and take physic, calling it "bitters," tansy, dogwood, quinine, and such "simple things," 'specially the quinine, which has helped to invalid and kill more people than would make a monument sky-high.

Well, what is the result of these "tonics?" They make us feel better—for a while—give us an appetite for more than we can digest, and being imperfectly digested, the blood which it makes is not only imperfect as to quality, it is too great in quantity; but it is in the body, and must crowd itself somewhere, always selecting the weaker part, which, in most cases, is the head!—very natural that—and there is headache, dullness—never was much brightness in that head anyhow—in fact, it amounts to stupidity, and such persons being naturally stupid, and making themselves artificially so, they have a double right to the title: as the youth had to a diploma, who graduated at two colleges, and became as the calf did which sucked two cows—a very great calf!

Therefore, never eat by rule. Never eat at one meal as much as you did at the corresponding one the day before, simply because that was your usual quantity; but eat according to your appetite. If you have no appetite, eat nothing until you do. If you are in a hurry for that appetite, and time is valuable to you, do not attempt to whet it up by stimulating food, by exciting drinks, or forcing tonics, but bring it about in a natural way, by moderate and continuous exercise in the open air, in something that is interesting, exciting, and in itself useful. Violent spasmodic exercise is injurious, and even dangerous to sedentary persons. Hence, we are opposed to gymnasiums, unless superintended by intelligent men, practical

physiologists. Let it be remembered, as a truth which cannot be denied, that a given amount of violent exercise taken within an hour will do many times the good, if scattered continuously over a space of five hours, without any of the danger that pertains to the former, especially as to feeble persons. All exercise carried to severe fatigue, is an injury; better have taken none.

EYE-SIGHT.

MILTON'S blindness was the result of over-work and dyspepsia.

One of the most eminent American divines has, for some time, been compelled to forego the pleasure of reading, has spent thousands of dollars in vain, and lost years of time, in consequence of getting up several hours before day, and studying by artificial light. His eyes will never get well.

Multitudes of men and women have made their eyes weak for life, by the too free use of the eyesight in reading small print, and doing fine sewing. In view of these things, it is well to observe the following rules in the use of the eyes.

Avoid all sudden changes between light and darkness.

Never begin to read, or write, or sew, for several minutes after coming from darkness to a bright light.

Never read by twilight, or moonlight, or of a very cloudy day.

Never read or sew directly in front of the light, or window, or door.

It is best to have the light fall from above, obliquely over the left shoulder.

Never sleep so that, on first awaking, the eyes shall open on the light of a window.

Do not use the eyesight by light so scant, that it requires an effort to discriminate.

Too much light creates a glare, and pains and confuses the sight. The moment you are sensible of an effort to distinguish, that moment cease, and take a walk or ride.

As the sky is blue and the earth green, it would seem that the ceiling should be of a bluish tinge, and the carpet green, and walls of some mellow tint. The moment you are instinctively prompted to rub the eyes, that moment cease using them.

If the eyelids are glued together on waking up, do not forcibly open them; but apply the saliva with the finger—it is the speediest diluent in the world—then wash eyes and face in warm water.

DISINFECTANTS.

Some one says that noxious effluvia are absorbed in an incredibly short space of time, if two or three onions are cut in thin slices, and put on a plate, to be renewed every six hours. This is just as true as that the smarting from the scratch of a pin becomes instantaneously unfelt, if the person is knocked down. The only safe, healthful, and effectual method of keeping a sickroom "sweet" is, to keep everything scrupulously dry and clean; instantly remove every article of clothing or bedding which has an atom of dampness or moisture upon it, do not allow even pure water to stand a moment in the apartment, let the fireplace be always kept open, with a frequent and free admission of the pure and the fresh air from out doors. This should be done every two or three hours during the twenty-four. It is the pure air that sick people want, not an atmosphere loaded with the fumes of onions, for in a pint of air they displace just as many particles of fresh air as would burnt sugar, colognewater, or the sulphureted hydrogen of the privy; for, be it remembered, it is not the odor which does the mischief, so much as the deficiency of nutritious particles of the atmosphere which it takes the place of. We should rather think, that every additional odoriferous article introduced into a sick-room only added to the difficulty, even though it were the perfumes from "Araby the Blest." The greatest humanity we can show to the sick is, to secure to them the most important remedies ever known, to wit, quietness, cleanliness, and pure air: these alone would cure three-fourths of all our diseases, but we will not use them; yet they are everywhere attainable, and cost nothing but a little trouble. With the same physicians and the same medicines, the mortality of the British army in the Crimea was diminished one-half, through the influence of Florence Nightingale, in the procurement of greater comfort and cleanliness among the sick.

DIARRHŒA

Is a very common disease in Summer-time. Cholera is nothing more than exaggerated diarrhoea. When a man has died of diarrhœa, he has died of cholera, in reality. It may be well for travellers to know, that the first, the most important, and the most indispensable item in the arrest and cure of looseness of the bowels, is absolute quietude on a bed; Nature herself always prompts this, by disinclining us to locomotion. The next thing is, to eat nothing but common rice, parched like coffee, and then boiled, and taken with a little salt and butter. Drink little or no liquid of any kind. Bits of ice may be eaten and swallowed at will. Every step taken in diarrhoea, every spoonful of liquid, only aggravate the disease. If locomotion is compulsory, the misfortune of the necessity may be lessened, by having a stout piece of woollen flannel bound tightly round the abdomen, so as to be doubled in front, and' kept well in its place. In the practice of many years, we have never failed to notice a gratifying result to follow these observances.

HOW TO GO TO BED

In freezing Winter-time. Do it in a hurry, if there is no fire in the room; and there ought not to be, unless you are quite an invalid.

But if a person is not in good health, it is best to undress by a good fire; warm and dry the feet well; draw on the stockings again; run into a room without fire; jump into bed, cuddle up, with head and ears under cover for a minute or more, until you feel a little warmth; then uncover your head; next, draw off your stockings, straighten out, turn over on your right side, and go to sleep.

If a sense of chilliness comes over you on getting into bed, it always will do an injury; and its repetition increases the ill effects, without having any tendency to "harden" you. Nature abhors violence. We are never shocked into health. Hard usage makes no garment last longer.

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NOTICES, &c.

CHANGE.—By having a white paper cover to the JOURNAL OF HEALTH, a better quality of material and a larger amount of reading matter can be given, without any additional expense to our subscribers; hence it is hoped none will object to the change.

Our Daughters' Schooling.—The sisters Bucknall have retired from the more arduous labors of a large school for young ladies in New York city, and have removed to their beautiful country seat near New Brunswick; where, not abandoning a field altogether, in which for so many years they successfully labored, they will still continue to give instruction to a select few; this will be interesting intelligence to their patrons and scholars, which latter, after entering married life, have repeatedly come to their former teachers for the express purpose of assuring them how much they appreciated their fidelity and conscientious and untiring efforts to make their moral and literary education what it ought to be, and which they more highly valued now, than when they stood in the relation of pupils and teachers. This simple fact of itself tells volumes in just praise of these admirable and able instructors of so many of the daughters of New York.

Being in the midst of a farming region of great fertility, the necessary expenses of boarding are lessened, while its known salubrity, the social surroundings, the many churches, the flourishing Theological Seminary, and the accessibility to New York and Philadelphia by Rail, many times a day, all make New Brunswick one of the very best locations in the Union for the proper

education of our daughters.

The American Tract Society, 150 Nassau St., New York, have issued "Leaves of Life," being striking facts illustrative of select passages from the Bible; a class of books which ought to be multiplied by millions and thrown broadcast over the land; for whatever tends to impress the minds of the young as to the meaning of Scripture, its truth, and its divine origin, helps to benefit and bless the race; and thrice happy are they individually, who can lean trustingly upon every Bible statement, and feed upon it, and feel assured always that "it is a faithful saying and worthy of all acceptation." —Of a similar nature is "Food for Lambs."

An instructive narration for the young is "Lyttonville; or, the Irish Boy in Canada;"—showing how beautiful it is to return

good for evil.

Messrs. J. G. Broughton and Wyman of the American Tract Society, 13 Bible House, New York, and 28 Cornhill, Boston, have issued "A Word to Sabbath-School Teachers," urging them to more diligent attention to their work; to throw into it more 198 NOTICES.

prayer and a more intense looking for present results. ——"Ten Helps to Joy and Peace;" also, "Bible Sketches, and their Teachings.

THE CROSS IN THE CELL.—In regard to this book, by Rev. N. Adams, D. D., of Boston, which is designed as a guide to inqui-

rers, an eminent divine and experienced pastor says:

"I am filled with sincere delight by the book. I know of no work uninspired in which the gospel is preached more skillfully, plainly, and affectionately. It is 'Baxter's Call,' 'James's Anxious Inquirer,' etc., only better than any of them. It is the best book I know of to put into the hands of any one—judge or culprit, old or young—when one wishes to teach 'more perfectly in this way.' It has all the charm of a story and all the power of the pulpit."

-Last evening a lady admirer of the Journal forwarded the following scrap from an unnamed newspaper, and this morning

another came from California.

"SLEEPING TOGETHER.—Hall's Journal of Health, which claims to be the highest authority in medical science, has taken a stand against married people sleeping together, and thinks they had better sleep in adjoining rooms. It says kings and queens never sleep together, and why should other people? Think of seperating a newly married pair on a cold winter's night, because Hall's

Journal of Health said so!

"We suppose the reason that Mr. Hall has taken the stand that he has, is because he has studied the science of medicine so much in his young days, as to become round shouldered, and so much deformed otherwise as to prevent the fair sex from admiring him very much. If he is not deformed in his body, he certainly is in his head. Just think of it! Our wife going to bed in one room and us in another, especially when the rats are as bad as they are at our house. Mr. Hall can just go any where he pleases, provided he has the wherewith to pay his fare, but we'll snooze with our wife as long as we've got one.

"A good many people sleep together in these parts, who ought not even to sleep in adjoining rooms; but Hall's Johrnal of Heal-

th is nt sufficiently popular to break up the practice."

To all of which we have only to say, we are straight as a ramrod, as lively as a cricket and as brisk as a bee; our poll is as black as a big tom-cat in the dark; we have no bricks in the hat but have some rocks in the pocket; and as to this sleeping business, we think we are in the right. What's the use of having one wife or a husband, if you are fast asleep? We do not object to the idiosyncrosies of our critical young friend; this is a free country, but as for ourselves, we rather prefer being wide awake when things are going on, and if any one can sleep under the circumstances it is because he's "no account."

HALL'S JOURNAL OF HEALTH.

OUR LEGITIMATE SCOPE IS ALMOST BOUNDLESS: FOR WHATEVER BEGETS PLEASURABLE
AND HARMLESS FEELINGS, PROMOTES HEALTH; AND WHATEVER INDUCES
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

We aim to show how Disease may be avoided, and that it is best, when sickness comes, to take no Medicine without consulting an educated Physician.

VOL. XIII.]

SEPTEMBER, 1866.

INo.9

FEVER AND AGUE.

In returning from "The Springs," the Sea-side, and other places of resort during the heats of summer, many families have noticed in the autumual and winter months that more or less of the members, especially the children, are quite unwell at times. In a day or two they get better only to feel worse again, and this annoying process continues till the cold weather has steadily set in. Some persons are regularly "ailing" at intervals of days or weeks. The name given to this form of sickness by common people is "the creeps," as the symptoms come on with a chilly sensation of the hands and feet, or along the back, extending generally over the whole body, when there is sometimes a general shiver or shake—to be followed by a fever during the afternoon and going off with a perspiration during the night. In the Western country this is a process which the person attacked has to go through every twenty-four hours for weeks and months; to be resumed the next year, and the next, until in five or ten or more years, the constitution becomes hardened to it or it wears itself out, provided the unhappy patient does not, in the meantime, take a bad cold and become consumptive, or die more summarily of some more active malady.

There is scarcely a locality within thirty miles of New York where families can remain until the first of Autumn without having the seeds of this hateful malady sown in the system, to fructify on their return home and thus do away with all the good effects of a summer's sojourn in the country. It is not at all likely that this state of things will materially alter in this generation, for the laws of nature are uniform; but it is desirable to interpose some means of fortifying the system against these attacks by scientific appliances. This is certainly deconstrable and possible; but to do so satisfactorily, it is necessary to understand the whole subject, which may be made exceedingly interesting and is a matter of personal concern to every one who is in the habit of "going to the country" in the summer time. To have the enjoyment of such a pleasant sojourn constantly clouded with the apprehension of the discomforts of having the "creeps" for an indefinite time on returning to

town, is certainly not a pleasant contemplation.

The cause of fever and ague is "miasma," the meaning of which word is emenation, a 'rising from,' as it is supposed to come up from the surface of the earth and impregnate the atmosphere, which being breathed into the lungs is taken a few seconds later into the circulation, being intimately mixed with the blood and poisons it, causing it to be thick, sluggish, black and impure. In some situations this miasma is so concentrated, saturating the atmosphere, as it were, consequently thickening the blood more rapidly and to such an extent that it flows at first slowly and at length scarcely moves at all at the extremities, and circulates perceptably only about the heart; and as the blood begins to die the instant it ceases to move, the limbs grow cold, the veins are distended, the fire of life goes out and the man dies-of congestive fever. Some have been known to die in the chill of fever and ague, although generally, fever and ague is not considered any more dangerous than the tooth-ache; hence in both cases the unfortunate victim has very little of the sympathy of those around him.

The substance of miasma has been considered etherial, as the atmosphere of a miasmatic locality upon chemical analysis, made by different experts and in the most careful manner, has not been found to contain any ingredients, hitherto, which did not belong to a pure and healthful atmosphere. Still, although the miasma could not be detected, it was known to be an entity, an actual thing, and men had to be content with studying its nature, and its effects, and its laws, by observation on its modes of action, then recording the facts observed and deducing the laws of its action therefrom. The first name given to it was "marsh miasm," because the effects were observed in the most

marked manner in the neighborhood of marshes, of low flat

damp lands where vegetation was rank.

It was next observed that the sickness arising from marsh miasm did not occur in cold weather; another step forward was then made, that miasm was peculiar to damp soils, and that heat was necessary for its production. But the effects of miasm were not observed on the sea-shore, although there was dampness and heat and a flat surface. The reason must be because it was sandy; there was no vegetation, hence another element was essential to miasm. There must not only be dampness and heat but there must be vegetation, and when it was later observed that miasmatic diseases were more general and malignant in the Fall of the year, and that was the season when vegetation began to decay and die and decompose, the concatenation was complete and the full idea was expressed in the proposition: Malaria is an emenation from decaying vegetation in warm weather, hence miasm was caused by vegetable decomposition such decomposition requiring moisture and heat.

So much for the nature and cause of miasm. Its effects were from time to time noticed as originating in man, diarrhead dysentery, and all forms of fevers. Its laws of action were next investigated, observation proved it milder in the Spring, more malignant in the Autumn. There was vegetation enough in the Spring and moisture enough, but not sufficient heat in our

latitude to cause vegetable decomposition.

It was next observed that persons exposed in miasmatic localities in the night, suffered more than those exposed in the daytime. For fifty years previous to the discovery of gold in California it was known among the commanders of vessels that sailors might go ashore in certain tropical climes in the day-time, but to pass a night on shore was certain death. The more intelligent adventurers who first went to California via the Isthmus of Panama made practical use of this fact, and began the passage early in the day so as to get to the higher points of land before night came on. The immediate cause of the fatal attack of illness to Bishop Potter in his visit to California was inattention to this fact, for he left the ship to perform a marriage cerimony, remained on shore during the night, was soon attacked with a new form of disease and lived just long enough to land at San Francisco.

Old Charleston merchants will remember that while it was considered death for them to sleep in the city during the sum-

mer for a single night, habitually rode into the city to transact business in the middle of the day. Twenty years ago the doorways and steps of public buildings in Rome were crowded with sleepers in harvest-time. They were the men who worked in the Pontine marshes during the day-time; they knew it was

death to sleep there at night.

Without narrating each particular step in the discovery of the additional laws of miasm, suffice it to say that in ordinary localities the effects of miasm were found to be more decided in the hours including sun-rise and sun-set, and that at other times it was almost innoxious. It was very natural then to enquire why was it most hurtful at sun-rise and sun-set to remain in a miasmatic locality? It must be because it was most concentrated at that time; there was more of it in a given amount of air breathed into the lungs. Cold condenses all atmospheres; heat rarifies, expands and sends upward. The heat of the day generated the miasm from the damp decaying vegetation and it rose rapidly towards the clouds; but when the sun began to decline the atmosphere became cooler, more heavy, fell towards the surface and settled within a few feet of it, that layer next the earth being most malignant, and every foot higher the It is known that when a traveler with a dog entered the Grotto del Cano, the dog died while the owner remained uninjured, he being several feet higher, the gas causing death to the dog being so much more concentrated than on the ground. It is known that a man lying down in a poppy-field will die before the morning, at certain seasons; but if he works in it, his standing up enables him to breathe a less compact layer of air. At sun-rise the atmosphere begins to warm and the miasm to ascend, and in the course of an hour it has ascended higher than the head and hence is not taken into the lungs. At mid-day it has gone to the heavens; at midnight it lies immediately on the surface, in each case not breathed into the lungs by a man on his feet.

Now just at this point, a practical and important lesson was to be learned, which for actual practical results in proportion to the expense and labor and trouble, is scarcely second to any other in the whole range of sanitary science; not new, but too simple to command any special general attention. If the heat from the sun, by a general law of nature, so rarifies the miasmatic air as to make it innoxious, artificial heat must do the same thing. If a man will keep a brisk fire burning in his family room for

the hour or two including sun-rise and sun-set, and will remain in that room during that time, it will be an absolute exemption from all autumnal diseases, and from cholera itself, other things being equal, for cholera is known to make its greatest ravages where common epidemics prevail in ordinary times, such as fevers, dysentery and diarrhea and cholera is only an aggravated diarrhea, as yellow and congestive fevers are the exager-

ation of common fever and ague.

The dreadful ship-fever, jail-fever and the epidemics that occur in crowded vessels arise always from the decay of vegetable matter in the hold of vessels; the wood of which the vessel is composed being in a state of constant dampness and inevitable decay. Now as there can be no decay where there is dryness, and heat makes dry there is only one way to disenfect a vessel to make it healthy. Empty it; make it dry as a powder-horn, by stoves or by the more expeditious and less expensive method of introducing heated air into it from a steam engine. A vessel may be frozen up and thus made healthy; but it is only temporary; the miasm was only condensed and will make up to all its virulence, as did the viper in the fable, as soon as it is warmed. Heat, on the contrary, rarifies the miasm and sends it to the clouds and, by its drying effects, prevents ts renewal.

The writer spent forty years of his life in various malarious countries, and acting in the light of the above principles was never sick an hour in any of them, where he travelled on horse-back in the heats of mid-summer days by the pestiferous vapors of the bayous and visiting the sick at mid-night where-ever and whenever called; but at sun-rise and sun-set, in the heats of July, he was by a blazing fire in his own house, or secured one if abroad. And he can name families in the West in districts where Fever and Ague was universal, except in a solitary house here and there where the friendly fire was started at sun-rise and sun-set, in the family room; and the breakfast was eaten before going outside the door, and the supper taken at sun-down, the excitement of the circulation caused by the meal, and its strengthening effects on the system, helping to fortify it against the attacks of malarious influences.

But within a year it has been announced as a discovery made by a physician in Chicago, and by a lady in France, and by her communicated to the Academy of Sciences, that the cause of epidemic Fever and the Autumnal diseases was discovered to be a living thing, the gentleman calling it vegetative, a Sporule;

the lady asserts it to be an entozon, a breathing animal.

But it is curious to observe that this Sporule or entozon is under the identical laws, supposed to belong to miasm; that heat destroys it; cold benumbs it; that it is most vigorous in its ill effects in the system in the cool of the evening and the morning, and that it is only found in marshy places, in warm weather. Their existence are said to be made visible by the microscope—are seen in the saliva and attached to the inner portion of the mouth; and that if an atmosphere containing them is taken to a distance where it is not naturally existing, and is breathed by a person in health, that person in a few days has Fever and Ague.

From the Boston Watchman and Reflector.

CHOLERA CERTAINTIES.

By W. W. HALL, M. D.

Eminent medical men have directly opposite opinions on some points connected with cholera. But there is a remarkable unanimity of sentiment among the old school men and the new, allopaths and eclectics, vegetarians and cold water cures, on many facts of a practical character, which it is important for every individual to keep prominently in view until the

scourge has passed away.

All agree that cholera prevails most in localities where, in ordinary seasons, the inhabitants suffer from common epidemics, such as diarrhoa, dysentery, fever and ague, and other forms of fever. These manifest themselves in damp places, flat lands, made lands, bottom lands, and at the mouths of rivers. Hence, in cholera times, dry, sandy, high situations are the safest localities, but if persons cannot leave low, damp lands, the next best expedient is to sleep in the highest stories of dwellings, and not descend from them from sundown until after breakfast next morning. If the houses are of but one story, then a blazing fire should be kept for the hour including sunset and sunrise, the family remaining in doors during the interval. The reason of this is, that the cause of these epidemics is an ingredient in the atmosphere which does not necessarily belong to it, hitherto called "miasm," which means an

emenation, which seems to arise from the earth, and is more virulent in its ill effects on the surface, and less injurious the higher the ascent from the ground. At about one hundred feet the poison is not supposed to be perceptible. This conclusion was received centuries ago in the East. So also, in 1854, the authorities of London caused observations to be made with this point directly in view; and the truth became patent, that in the exact proportion that houses were elevated above the general level of the city, other things being equal, their inmates were exempt from the scourge, and that at one hundred feet elevation there was scarcely a single case of cholera. The obvious inference then is, that the higher rooms of dwellings

should be occupied as chambers.

All admit that filth of neighborhood, of habitation, of chambers, of clothing, of person and of skin, are directly promotive of cholera. The atmosphere is then saturated with impurities. These are taken into the lungs, and thence conveyed into the blood itself, depriving it of its life, making it thick, black and poisonous, dampening the spirits, oppressing the brain, and producing a general feeling of weakness, weariness and fatigue. These impurities are also conveyed into the stomach, mingle with the nutritive materials, and are carried to every portion of the system. Uncleanness also plugs up the pores of the skin, and prevents the escape of that insensible perspiration which is the great scavenger of the body; the ill effects of which may be judged of by the repeated experiments of scientific men, for when an animal is enveloped in an India rubber bag, the nose only protruding, it begins to die in a few hours. The practical lesson taught by these facts is, let the entire body be kept most scrupulously clean. Let the clothing be frequently washed, and aired daily; let every chamber be ventilated and kept dry; damp cellars should be sprink ed with chloride of lime, and all standing water near a building should be conveyed away, and its bed covered with fresh earth or common lime.

Fear will excite a deadly attack of cholera in a few hours. A machinist having seen a comrade die in a blue or collapsed stage, went to work soon after inside a boiler. On emerging into daylight, he noticed that his hands and arms were almost black. He at once took it for granted that this was caused by an attack of the disease, and the shock thus produced ended fatally—he died of cholera symptoms.

It is certain that any violent change in the habits of eating or drinking, while cholera is prevalent, invites the disease; but it is incumbent on all persons to eat regularly of plain, wholesome food, which the stomach can receive and dispose of without inducing indigestion. This should be the universal rule

for eating and drinking, as to quantity and quality.

While it is known that cholera is usually ushered in with several thin passages from the bowels, it has been also observed that a failure of the bowels to act for two or three days lays the system, by the necessary reaction, open to a violent and dangerous attack of diarrhæa. Undue action or inaction of the bowels, therefore, is sufficient ground for prompt medical advice.

Getting cool too soon after exercise, which induces visible perspiration on the surface, especially if there is weariness or fatigue, is as certain as anything else to cause a violent attack of cholera when the disease is prevailing. Whenever, then, a person feels uncomfortably warm from exercise, from eating, drinking, or mental excitement, it is the dictate of prudence to retire to a close room, so as not to allow a draught of air to blow on the person. He should not remove any garment for a few minutes, and then should lay them aside one at a time, at intervals. This may seem finical or unduly careful, but it is better to be finical in this matter, than to die in the agonies of cholera a few hours later.

Exposure to the necessity of exercise of any sort in the hot sun from nine A. M. to five P. M. in summer, is likely to invite an attack of cholera to those who are mainly in doors, and it is just as dangerous in a sultry, cloudy or damp day. Persons, then, who are from home, and can be masters of their own movements, at the seaside, springs, hotels or boarding houses, should aim to take their walks, rides, excursions and diversions before nine o'clock in the morning, or else defer them till five in the afternoon, thus remaining cool and quiet during the heat of the day.

To change the dress immediately after coming in, heated and warm, and to throw one's self on the bed, to fall asleep within a minute or two without any covering over the shoulders, or near an open window, as women too often do, has been the means of sending many a sedentary person to the grave in a

few hours.

All physicians of all schools agree that the phases of cholera

are different in different places, at different seasons, and in different constitutions, requiring a difference of treatment. Dr. Ayre was the most successful physician in Great Britain in the treatment of the disease when it last prevailed in that country. He lost but thirteen per cent. of his patients. He relied mainly on calomel, and objected to all stimulants. Yet, although he gave his formula, it was so unsuccessful in other parts of the country than his own, that it was immediately abandoned. And from almost every country we are now receiving the formulas which have been most successful in each of them, and they very widely differ. This is certainly proof positive that it is safer to rely upon the prescriptions of educated physicians in your own locality; and that taking a prescription on one's own responsibility coming from other localities is very unwise.

But the most indisputable fact of all is this: that as soon as a man notices, in cholera times, that he has a weakening, forcible, thin, painless, light colored discharge from the bowels, he should go directly to bed, send for a physician, remain quiet and warm until the physician arrives, and then submit implicitly to his directions. If a physician-cannot be obtained, the man should remain on his bed for two or three days. He can safely eat small quantities of ice to quench his thirst, but should drink nothing but a sip or two occasionally of hot tea. A common woolen flannel, fourteen inches broad, and long enough to double in front, should be bound tightly around the abdomen. He should not eat anything but boiled rice and similar mild food. The probabilities will be ninety-seven percent. in favor of his recovery.

A PLEASANT MOUTH DISINFECTANT:—Hypermangate of potassa and hyperoxydate of barium, of each twenty-four grains, to be rubbed up into a mass, with sugar and glycerin, and divided into 144 lozenges. Every ill-smelling mouth will become by their use perfectly odorless.—Medical Record.

Gunpowder Marks.—Smear the scorched places with glycerin, by means of a feather, then apply cotton wadding; lastly cover with oil silk. In one case the discoloration was very great, the patient looking more like a mummy than a living being. It entirely subsided in a month by the above treatment.—London Lancet.

SUMMER HEALTH.

August is the most fatal month in towns and cities-October the least. Nearly twice as many die in August as in December. The deaths in New York during July, August and September are nearly one-third greater than during October, November and December. These proportions most likely hold good else-where: but of these three thousand deaths and sixty thousand cases of sickness besides, more than one half are avoidable, in the estimation of scientific medical men; -avoidable in the main, simply by avoiding the sun from

ten to four, and eating and dranking wisely.

All who possibly can should leave the large cities before the first of July, (for then the excessive hot nights begin, and the thermometer stands at ninety degrees, Fareinheit, at sun-rise, in the halls and parlers of our dwellings,) and remain till the first of September. At least three or four weeks in August should be spent in the country by those who can not spare the longer time -The mountains are better than the sea-shore. One should not choose a riverbank, or bottom-land, or a level country, unless among the pines, because in these situations the seeds of fever and ague are sown, and the person exposed will return to town to have "creeps" or intermittants when cold nights come.

If families, and parties of ladies and gentlemen, were to inaugerate a custom of camping out in the Adriondack mountains or those of Pennsylvania, Virginia or New England for six weeks during the Summer, the advantages over the Springs and the Sea-Side would be incalculable. Young men should travel on foot or on horse-back, and all who can should select boarding-places away from the public thoroughfares, and where they can live as untrameled as possible by dress, fashions, and formalities of every description. Still, observant people must know that there is more real enjoyment and comfort in one's own house in the city. The freedom of the whole building, night and day; your own hours of rising and retiring; your baths; your dishablle; -these are indispensible to real comfort any where in mid-summer. But the great multitude must stay at home the year round, and it can be done in good health if, other things being equal, a wise syst-m of eating and drinking were adh-red to, on the following succinct principles: Take coffee, tea, cold water, lemonade and other acids, and ice-cream. It is believed by the best French physiological experimenters and observers, that all acids, especially in Summer, promote the secretion of bile, prevent fevers, and keep the system free; hence the advantage of fruits, berries, kole slaw, salads, pickles, sour milk, and the like, as warm weather approaches. Sweet milk, ale, beer and porter, all tend to create bile, to constipate, to induce head ache, cold feet, neuralgia, and want of appetite, in Summer. The whole body is weak and indisposed to effort in warm weather. The stomack is in the same relaxed condition, and to impose on it full meals, and to urge it to take fuller ones by tonics, stimulates, and tempting tables, is irrational and suicidical, and is the immediate cause of one hall the sickness and deaths of warm weather, for they are avoidable by the following system of diet:

system of diet:

Eat but three times a day and nothing between meals. Breakfest: coffee, tea, or cold water; cold bread and butter and a saucer or two of berries in their natural state, ripe, fresh, and perfect. Supper, same except no berries. Dinner, lemonade or cold water, bread and butter with totratoes, or any other one vegetable. Meats one day, soups another; melons and berries as above, for dessert. Bread and butter and cold water alone would sustain life and give vi orous health for the Summer months. Any family who will diet as above for one week in Summer time, avoiding ordinary exposures, will find an exemption from "unpleasant" symptoms which will convince them at once of the value of such a system of living—with a lightness of spirits, a joy-usness of mind and a mirthfulness of temper, which is a real luxury to think of, in comparison to the weariness, dulness, want of appetite, suffering from heat, wakeful nights, unre reshed mornings, insufferable enoul, and intense longing for excitement and exciting drinks,—which afflict those who sit at luxurious tables all Summer.

PHYSIOLOGY OF REPENTANCE.

The religious sentiment of the whole country has experienced a revulsion and a shock recently which, it is to be hoped, will not be repeated while time endures. The model monster, who was recently executed at Philadelphia, for the murder of a confiding family of eight persons within an hour, in the expectation of getting a little money, professed repentance, and a confidence of forgiveness, just as he was swung off by the neck tike a deg, and that with a known lie in his mouth; and what makes the matter worse, educated religious advisers did not heritate to give countenance to the horrible profanation of

professing their belief in his sincerity.

Akin to such an absurdity is the workings of the mind when a man wishes to commit a crime; he first persuades himself that the act contemplated is not a crime in this particular case, although as a general rule it is unquestionably so. Men have committed adultery, and then hushed their own consciences by pleading the examples of Alraham and David. Passion, Appetite, Fearthese, when they reign supreme, seem to cloud the intellect, or in some way derange the mental machinery, and, for the time being, prevent its healthful working. It is known by those who have been reared among negro slaves, that they do not be ieve it wrong to steal from their masters. A lady who had inherited a fait ful domestic, to whom was entrusted everything, was so shocked one day in finding her pilfering, that she burst into tears. "La, Missus!" exclaimed the surprised darkey, "you needn't take on so, I'se been doin' sich things all my life'. In a professional experience of thirty years at the beds de of the sick and dying, the writer has never known a single case when, in the immediate prospect of death, professions of religious sentiment were for the first time made, that were not repudiated on an unexpected recovery. The truth is a true religious sentiment is the offspring of love, and affection and grati ude to Him whose offspring we are; the semblance a sham pi-ty, arises from threats, fear, compulsion, as was ludicrously exhibited in our I ttle Robbie when one day, in his seventh year, we being down town, the tall chimney of our dwelling was induced, by a tornado, to make a voyage of discovery through the roof, with a young ocean of water. "What shall we do, mother?" cried the boy, in great terror. "Pray to the Lord, my child.," But Robbie being a minute man, and steing no signs of the remedy being put in operation by his respected maternal progenitor, exclaimed, with the utmost impatience, the bricks still tumbling in, and the cataract of waters givin indication of a surcease. "Why don't you do it, then?" and feeling thrown on his own resources, down on his marrow bones he went-"Now I lay me down to sleep." Just as he arose from his spontaneous devotions he observed that his younger sister was following "in the same line;" but looking up through the 100f, and seeing the clouds a l gone, his whole countenance overspread with joy, exclaimed, "Needn't pray now. Alice, the sun's shining."

Read-r, let your piety be prompted by the habitual contemplation of the goodness of God in the sunshine of health and prosperity and a calm life; then, should sto ms threaten, and adversity come, and sickness waste the health away, you can look it all in the face fearlessly, and feel, as the last life strings are breaking, "I know that my Redeemer liveth;" and at the first blast of the trumpet, which wakes the world to jurgment, you will find yoursell robed in

spotiess purity, among the shining ones,

IMMAGINATIONS.

An English farmer became possessed with the idea that he had the Rinderpest; his family Doctor tried to laugh him out of it, this only served to confirm his vagary; he then consulted an old physician of considerable experience in human nature as well as in medicine; he made many inquiries of his patient, entered fully into the case and at lengtht sent him to an apothecary with a sealed prescription, which the man of the pestle and mortar read to the astounded patient. "This man has got the cattle plague, take him into the back yard, and shoot him on the spot according to act of parliament." This brought the soft headed farmer to his senses, and he was a well man.

Sickness is sometimes imaginary, but in such cases it does no good to deride or to scold: so it is sometimes with what is called nervousness, it is useless to make light of it, the feeling of suffering is the same as if it were real, in such cases sympathy is oftentimes a more efficient remedy than derision or impatient epithet. "Bear ye one another's burdens" is a moral medicamentum of great efficacy. The wits of physicians are often called into requisition, and impromptu remedies are sometimes as efficacious as they are amusing. A titled lady once became possessed with the idea that a mouse had ran down her throat while she was sleeping with her mouth open; her physician seeing at once how matters stood, advised her to call next day: meanwhile he produced a mouse and arranged it in his coat sleeve so as to be made proper use of at the desired moment. With a great show of preparation he adjusted an instrument to distend the mouth, and placed a small mirror in a situation as if to reflect the image of what might be seen. "Hold on, be steady, I see the tail," and with a tremendous jerk he produced an innocent little mouse, gingerly held between thumb and finger by its caudle extremity; to the infinite gratification of his titled patient, who, placing a magnificent fee in the Doctor's hand, withdrew with a mountain-weight removed from her mind, which otherwise might have crushed it. A rich old toper imagined that a bottle was attached to his nose and that if it was broken, it would let all the blood out of his body; hence his whole time was spent in guarding his nasal appendage from harm. A rough old surgeon of great eminence was consulted, "Go to Ballylack with you," and with an appropriate action, smashed a bottle into a thousand pieces, "there's the bottle, but you see it had no blood in it." The patient's whims were humored, and the mind saved. But it is useful to observe, that it is only those who have nothing to do, persons of elegant leisure, who are cursed with these imaginary evils. Blessed is the ordainment that man should live by the sweat of his brow.

SUN-STROKE

Is an instantaneous inflammation of the brain, occasioned by the sun's rays communicating their heat to the structures with such intensity and rapidity as to cause dizziness, headache and nausea or vomiting; the patient then falls breathless, turns black in the face and dies, unless proper assistance is given on the spot; which is, to be taken to the shade. The neck should be instantly freed from all that binds it; pour warm water on the head, and dash it upon the body—the Arabs pour it in the ears, this may also be done. It is sometimes an hour or two before relief is obtained, which is ascertained by the patient becoming more conscious and more able to help himself. Let him drink

as much water as he desires, if he can swallow it.

Sun-stroke is prevented by wearing a silk handkerchief in the crown of the hat, or green leaves, or a wet cloth of any kind; but during an attack warm water should be instantly poured on the head, or rags dipped in the water and renewed every minute. The reason is two-fold: the scalp is dry and hot, and the warm water not only removes the dryness, but carries off the extra heat with great rapidity, by evaporation. Sun-stroke is more common in the temperate than in the torrid zones. It is more frequent and fatal in New York and Quebec than in New Orleans and Havana. Day laborers are most liable to sun-stroke, especially in proportion as they use stimulating drinks. It is doubtful if any strictly temperate person ever becomes a victim to this instantaneous life-destroyer, but excessive exposure to the direct rays of a summer's sun, may occasion sun-stroke in any individual, in the proportion as he is of a sedentary occupation or of delicate health, Such persous, if compelled to be out of doors under a hot summer's sun, should wear a soft loose hat, with some light loose cloth in the crown; have the neck and throat bare and unconfined; should eat but little meat, and live mostly on coarse bread and butter and berries, ripe, raw and perfect, without sugar or milk, keep regular hours and have abundant sleep. Laborers should wash the whole scalp in cold water several times a day, and keep the surface of the body clean by rubbing it with a damp towel every night before going to bed. Let the friction be sufficiently vigorous to cause an extra redness of the skin. It is being between two fires that makes sun-stroke common in cities and uncommon on small islands or at sea, because the brick and stone pavements give back almost as great a heat as comes from the sun.

BOILS

Are Nature's method of avoiding or curing assease, A Boil begins with a hard lump, which increases in size, heat and painfulness for about seven days; then it begins to "point," and a yellow speck at the top is seen. This spreads and finally breaks,' discharging more or or less blood and matter for two or three days when the "core" comes out, the pain ceases, the hollow left is by degrees filled up with new flesh and in about fourteen days from the beginning, the patient is well, at least of that one! But sometimes a second one breaks out before the first one is well; or a dozen or more appear in various parts of the

body in various stages.

Job was covered with boils. The Romans designated them by the Latin word which means to "make mad," or ill-natured. Only saints can be serene when a boil is coming to a point.— The old and young, the vigorous and the weakly, all are exposed to them; but with this difference: in the robust they run their course in about fourteen days and get well of themselves. In persons of feeble constitution a boil becomes a carbuncle, which is many boils springing up near to-gether. These often prove fatal, especially with those who use ardent spirits. The general treatment is to call in a surgeon and have it cut to the bone in a cross. In every case keep the parts moist all the time by a poultice of sweet milk and stale bread; nothing better, safer or more handy can be used; it remains moist longer than most others, and is easily softened and removed preparatory to renewals, which should be made thrice a day.

Boils are the result of impure blood, made so by imperfect digestion: or an excess of bile, owing to a torpid liver or the want of sufficient out-ofdoor exercise. They are not a sign of health, but that nature is carrying on a healthful process. A felon or whitlow, is a boil formed on the bone under the whit-leather or broad tendons, which are so impervious that the yellow matter can not be worked out through them; hence, if not promptly cut down upon, to let out the yellow matter, it must get well by the slow and fearfully painful process of re-absorbtion. As to a common boil, all that should be done is to render the process of cure less painful by moist poultices, by living on coarse bread, ripe raw fruits, berries and tomatoes in their natural state, using no sweets, oils, meats or spirits. the constitution is feeble, beef-soups and other nourishing food is necessary. Be out of doors; keep the skin clean and have the bowels act freely every day. The Saxon name "Bile" is the best term, because it is really nature's process of discharging extra bile from the system, with other hurtful humors which ought to be out of it. If boils follow fever or other disease, it shows that they were not treated with sufficient activity.

THE FATAL CIGAR.

I had personally known him for thirty-five years, standing six feet four, with perfect proportions otherwise. He was a man of mark among the many passengers on the European steamer; but scarcely had the noble vessel passed Sandy Hook before the man seemed troubled. Something was discovered to be missing; not intrinsically of much value, but it could not be replaced during the voyage, and yet it was a constant need-he had left his tobacco. There could not an ounce be found on the whole ship that was not far inferior to the high brand which he had been in the habit of using. But in one of those moments in which gifted minds rise to their proper dignity, he suddenly resolved, "I'll be a slave no longer .-I shall not touch it during my two years expected absence abroad." And he did not. He occupied for a quarter of a century the highest social position in the great city of his adoption; his personal position was commanding; in his profession, he was second to none; as a writer, he was prominent. Thirty years ago I knew him as one of nature's orators. He had a majesty of presence possessed by few of the monarchs of the earth; while the courtliness of his manners and the kindness of his nature were so blended that he was the loved and revered of every circle in which he mingled.

Some unremembered time after his return, he was met by a clerical brother who after congratulating him upon his improved appearance and apparent vigorous health, asked him if he would not take a cigar.—Said he, "I have not used one in a long time, for years, in fact, but I will smoke one with you;" and it was done then and there. His old passion came upon him "like a strong man armed," and he yielded himself more and more hopelessly to it until no moment of day-light found him from under its baleful influence. The Summer of 186- found him at Saratoga. He seemed the perfection of manly beauty as to the body. But there were whisperings as to the mind. Friends delicately advised him that he needed the quiet of home. He could not think of such a thing; he greatly preferred remaining where he was. Matters became urgent. His family were telegraphed of the urgency of his retirement from public associations.

He reached home a wreck. The strong, the brilliant mind was gone-Except the members of his family and a single clergyman, no one was allowed to enter the sick-chamber. But he passed away in driveling idiocy, attendant on softening of the brain, which, with the whole nervous system had been so constantly and so long under the influence of the stimulus of tobacco, they could no longer be roused to sensation, and mind and body both gave away together.

It may admit of question which should be most pitied, the miserable victim of an unrestrained animal indulgence, dead; or the living tempter to

take "THE FATAL CIGAR."

NOTICES.

"New York Social Science Review;—a Quarterly Journal of Sociology, Political Economy and Statistics, edited by Simon Sterne and J. K. H. Wilcox, \$4 a year. Nos. 1 and 2, for January and April, 1866, bound in one cover, price \$250. by mail. It contains among other things, the "International Almanac for 1866," which of itself is invaluable as a book of reference for complete and latest and most authentic statistics geographical, political, social and industrial; specially interesting now to all intelligent men as it gives the population, size, military and naval strength of all civilized countries; natures of their governments and constitutions; names, ages, qualifications, &c., of the various rulers of the old world and the new; size and population of all our states, &c., &c., with a list of all the Banks, Stock-Companies, Dividend values, &c.

The Southern Presbyterian Review, issued quarterly, \$3 a year, at Columbus, S. C., 100 pps, 8 vo., well executed on good paper. The March Number contains Puritanism and Presbyterianism; St. Paul's vision and natory, by John H. Bocock, D. D. of Va.; The Relation of State and Church, by Rev. R. S. Gledney, of Miss.; Life and Times of Bertrand Du Guesclin, by Rev. A. T. Dickson, of S. C.; Northern and Southern views of the Prom-

ise of the Church, by the Rev. Prof, J. B. Adger, D. D.

The Review is commended to the patronage of all good men of liberal views in the whole Presbyterian Family. Would it not be a good plan for all now that the State is able to take care of herself, to join hands under the banner of a true Presbyterianism as it existed in the days of the Revolution, and make a resistless stand against sin and Satan, and under the battle cry of "Forwarts Brudern," place the standards of the church in every town and village in the Union, the motto of every company corps and division being, "Love One Another."

Why Nor?—This book of 91 pages is sent post-paid in paper binding, for 50 cents; in neat cloth, \$1.—The editor is the poorest hand in the world to go at things in a roundabout way. He prefers to come right to the point. This book is published by Lee and Shepard, Boston, Mass. It is a Prize Essay by H. R. Storer, M. D., of Boston, and is issued for general circulation by order of the American Medical Association. And now for the point. An increasingly large number of persons apply to city physicians to destroy the child before its birth for one of three reasons—to hide shame, to avoid the trouble of rearing children, or to limit population. This book shows, authoritatively, the often danger to life, and the infallibly serious effects on the constitution in cases where the life of the mother is not lost. It is a public

humanity to publish such a book. It is needed, greatly needed and should be seen by every husband and wife in process of a family. Our book on "Sleep," (\$1.50 by mail,) treats mainly on this and kindred subjects; but Dr. Storer's publication is more scientific, treating on this one branch.

Messrs. Broughton & Wyman, Managers of the New York (13 Bible House) Branch of the American Tract Society, of 28 Cornhill, Boston, have just issued "Pleasant Grove," by Alice A. Dodge, pp. 208., being sixteen narrations for children, well adapted to foster "a more intense and firmer purpose" to practice what is true, lovely and good. "Nellie Newton." Pp. 144. Showing, in a striking manner, the value of patience and perseverance as means of success in life, and the building up of characters strong, useful and good. "Lift a Little." By Mrs. J. B. Ballard. Pp. 80. Containing eight stories for little children, teaching them to dare to do right always; why some are not always happy; meaning to do good, lifting the old quilt of a Christmas morning, to show all the beautiful things for the encouragement of good boys and girls.

STRONG TEA.—A little girl, three years old, was left in a room by herself in New York, and a few hours after drinking some black tea from a cup, died. It is not uncommon for servants, and even mistresses, to drink during the day the coffee and tea left after the regular meals. It is a pernicious habit, leading to nervousness, fretfulness, and general ill health, and is only sectored, in its ill effects, to constant "tippling" among men, or the frequent use of snuff and the tobacco pipe. Any habitual stimulation, beyond that of the natural food and drink, tends always to injure the health, weaken the mind, sour the disposition, and shorten life.

HOT WEATHER.—In tiling a roof in 47th street, New York, in July, 1866, the workmen found the thermometer to indicate a heat of 137 degrees. About the same time a United States Monitor in the torrid zone gave a heat in the engine fire room reaching 150 degrees Fahrenheit, with the effect to induce spinal disease, attended with violent convulsions, but none died.

Hydrophobia.—James Kirby, of Waterville, N. Y., aged 16 died on the 5th of July, 1866, in violent convulsions. About three months before he had been bitten by a dog, yet no ill effects had been experienced from the bite until the day before he died. Dogs do not perspire except in the tongue. When they become mad they froth at the mouth, showing that the perspiring functions are changed. It was narrated, some years ago, that a Frenchman, having been bitten by a dog, determined to avoid hydrophobia by steaming himself to death; but the effort caused profuse perspiration, and he escaped hydrophobia, and

death also. In the light of these facts, a steam bath might be tried in the case of a person suffering an actual attack of hydrophobic convulsions. Readers would do well to remember this, and that a good steam bath may be extemporized by putting hot stones under an open-seated chair, cover the patient with a blan-

ket, and pour water on the stones.

The Scientific American, which has every week valuable suggestions in reference to domestic comfort and convenience, besides its wealth of strictly scientific articles, says that ice may be kept a surprisingly long time by stretching several inches of cotton batting on a pasteboard, or a half dozen thicknesses of newspaper, broader than the pitcher; sew the longitudinal ends together, so as to receive the pitcher; let it stand on a cushion of the same material, and put a pillow over the top. We had ourselves tried a similar expedient two days before to preserve some ice cream, and were gratified at the success of the experiment. This is noticed for the benefit of the sick in localities where ice can be obtained with difficulty, or from long distances.—Or put in a vessel to be kept between two pillows, or hang the ice in a well, just above the water—a twenty pound lump will sometimes keep thus a day or two.

Car Riding.—One of our most respected physicians was riding in a street car (Londoners call them "Tramways") with his elbow jutting out of the window; the tongue of another vehicle came in collision, and fractured the arm. This is the third accident of the kind in New York city which has come to our notice. A woman was almost burned to death recently, her clothing having taken fire from a spark from the locomotive while she was standing on the platform between two cars.

The railroad between New York and Philadelphia, via New Brunswick, has carried millions of passengers in the last twenty-five years, and not a single life has been lost of any passenger while in the cars. The practical inference is, that when you ride in a vehicle keep your arms and head within, and avoid the

platforms of rail-cars, and the roofs of canal-boats.

EPIDEMIC CHOLERA, by J. S. Webster, M. D. Published by Miller, Wood & Co., 15 Laight street, New York: 48 pp., paper cover, sold for 25 cents, is one of the most truthful and instructive issues for popular use that has lately come under our notice. Its evident object is to get at the truth in theory and practice, and abide by its teachings.

Our Daughters.—The New York Observer, of July 26th says:—
"The Anniversary Exercises of the Misses Bucknall's School, recently of New York city, were held on the 13th inst., at New Brunswick, N, J., a large andience being present. Prayer was ffered by the Rev, Prof. Doolittle, after which the Senior Class,

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with great credit to themselves and to the institution, engaged in the critical analysis of the English language. The Compositions of the Graduating Class, embracing the Valedictory, elicited much commendation. After the distribution of the prizes, one of the Principals delivered a parting address to the Graduates, presenting them with their diplomas. Music was interspersed through the exercises, which were closed with an eloquent address by Rev. Dr. W. J. R. Taylor."

Misses Laura Acker, Irene Birdsal (valedictarian), and Miss Ellen H. Hall, each of whom received three or four prizes for proficiency in several departments of study, were graduates from New York city.

HEALTH AND DISEASE.—Sent by mail for \$1 60, shows that there is no good health without a daily action of the bowels. That to secure this by medicines or injections always leaves the system in an unfortunate condition, and that the only natural, safe and efficient method is the judicious adaptation of food, in quality and quantity, to the need of each case. A book of such great importance to human health and comfort, and of such universal application, written for popular use, has not been published hitherto. The views are neither new nor original with us, hence we praise the idea of the book without praising ourself. We want the people to understand, and we want it to be taught to children as soon as they begin to be seven years old, that a failure of the bowels to act once in every twenty-four hours, will always and inevitably be followed by some symptom or actual, and often fatal sickness in forty-eight hours; and that a man never gets well of any known disease until the bowels begin to return to one action daily.

The Great Cholera Symptom.—Many a reader of the following sentence will die of cholera from inattention to it, that in cholera times a forcible, painless, large, pale, thin weakening discharge from the bowels, is Cholera Begun! and death will follow in twenty-four hours unless it is attended to, the best way of doing which is to lie down flat on a bed and stay there, eating ice if thirsty, and keeping still and warm until a physician can be had. (See January number of this Journal for 1866, sent by mail for fifteen cents.)

In common diarrhœa the evacuations are yellowish and gri-

In cholera they are whitish and painless.

In dysentery they are scant and bloody, with distressing de-

sires, but inability to do anything but strain.

Bilious diarrhœa is a healthful process, and ought not to be interfered with. The discharges are not very thin, are always

black, green, or yellow, attended with a great deal of rumbling, or darting, transient pains. For this, the best mode of procedure is to be quiet, keep warm, eat nothing, take nothing, and send

for a physician.

If! but what is the use of saying anything about it? Men will commit suicide, run the risk of dying any night, will sacrifice a good night's rest, and ensure a weary waking in the morning, with a day of miserable fretfulness and nervousness following, for the momentary gratification of their gormandizing throats, rather than practice a little self-denial, and eat absolutely nothing in warm weather, especially after a noon-day's meal, but a single piece of bread and butter, taking with it a single cup of If any man, woman or child, who reads this, will practice it for a single week, and does not at the end of that time feel better, sleep better, and have a more lively, cheerful temper, we will send such the Journal of Health, without charge, for 1866, if the trial is made during this September, 1866. Strangers have come to us, others have written to express their gratitude for the suggestion of light suppers, in consequence of the greater happiness of mind, and the greater bodily enjoyment following on the trial.

CATARRH.—A gentleman from Canada West writes, July 26th, 1866, to P. C. Godfrey of 823 Broadway, New York, "Enclosed please receive \$20, for which express to me the value in your catarrh remedy, I got some from you a short time ago for a daughter, and it really has done her good," This is inserted to give us an opportunity of saying to our subscribers, we do not prescribe for catarrh cases, it is not in our line of practice; but if you have catarrh, and are sure that it is catarrh, by the symptoms of more or less fulness in the parts connected with the throat, and more fulness in head, watery nose and eyes, or ill smell of the discharges from the nose, and if, in addition, you are so unwise as to go to the advertising men of the large cities, who will undertake to cure any case of catarrh for three hundred dollars provided it is paid in advance, rather than cousult your family physician-better risk five dollars in the trial of Godfrey's remedy; for if it does you no good the money will be returned, and "no questions asked;" and if good does follow its use, then you have saved \$295, a part of which, in gratitude, you ought to expend in purchasing a full set of Hall's Journal of Health, 12 volumes bound in muslin, and two volumes Fireside Monthly, now discontinued, bound uniformly with the Journal, for \$21, for reciprocity of good turns promotes the general good.

OPEN FIREPLACES.

It is not possible to supply a pure warmth by any furnace ever invented, unless it simply heats water or air, out of which is given the caloric necessary to make a dwelling comfortable. But warming houses by steam, hot water, or hot air, costs, for ordinary residence, about eight hundred dollars, which makes it impracticable—places this luxury wholly beyond four fifths of all the households in the land. That the heat which comes from any furnace through an ordinary register, although the coals are red-hot, is a sickening stench, can be demonstrated any moment in a winter's day; it is sending into a room an incessant stream of air, almost wholly divested of its oxygen, which is the element for which alone air is breathed at all; nor is this all—the oxygen has not only been abstracted, but sulphureted hydrogen and carboneted hydrogen, which are among the most noisome smells in nature—that of rotten eggs replace the oxygen; and that such an atmosphere, steaming into our parlors, and dining-rooms, and chambers, can not be otherwise than most pernicious to health, only but an idiot can deny. Every year new patents are coming out, claiming to meet the failures of their predecessors, proving conclusively that all previous ones have been signal and lamentable failures.

It may be a more potent and convincing argument against the pestiferous effects of furnace heat, at least in the minds of some, that it ruins the furniture and the woodwork of all buildings into which it is introduced.

Open wood-fires, the most cheery and delightful of all modes of house-warming, are too expensive, and are exceedingly troublesome. The common open grates for coal are the next best, but they fail to give a comfortable heat in the coldest weather; they fail to keep the feet warm, which is the most important part of the body to be kept agreeably heated; and, in addition, the very instant the coal in the grate is touched, the whole room is filled with a fine dust, which settles on the paintings, the furniture, the carpets, and the very clothing in the drawers, making dingy the most polished surfaces, scratching the furniture and the gilding, and grinding out the carpets by the flinty dust.

But there is a method of warming houses, cheaper than grates and more efficient, giving almost none of their dust; incomparably less troublesome than wood-fires, while the heat is just as genial and quite as pure; the fire needs replenishing but once a day, never requires a poker, if properly attended to; gives very little dust, keeps the feet warm, and keeps before the eyes the cheery sight of a broad bed of burning, glowing coals. In short, it is a plan for warming houses, which has never, in all its points, been surpassed—has never been equaled. It is Dixon's low-down grate. It is believed that there is scarcely a single educated physician in Philadelphia, who owns the house he lives in, who is not supplied with one or more of these delightful luxuries. They cost from twenty-five dollars each and upward, and are placed in stead of an ordinary

fireplace or grate in the course of a few hours.

Three fourths of the heat of a grate or fireplace goes up the chimney, and is wasted. Dixon's Philadelphia low-down grate, by a moderate extra expense, can be so arranged that all the ashes are conveyed into the cellar, and the otherwise wasted heat is saved to a considerable extent, and conveyed into the rooms above; not the heat of burning coals, but air is brought from out-doors, carried behind the chimney-back, heated without coming in contact with the coals, and is conveyed into the room above by an ordinary register, not in a sulphurous odor, but simply in the shape of pure air warmed, which is of inestimable value for sitting-rooms, chambers, and nurseries. We had one of these admirable contrivances put in our house in 1859, and every additional year only increases our appreciation of the luxury. This notice has been written without the knowledge of the manufacturer, and will surprise him as much as any one of our readers; but it would add so much to the health of families, both in town and country, whether they burn soft coal, anthracite, or common wood, for it is adapted to the consumption of any kind of solid fuel, that we feel constrained to bring it thus prominently forward, and the more fearlessly because we know whereof we affirm. To save us the expense, time, and trouble of answering letters of inquiry, our readers will please address T. W. Dixon, 1324 Chestnut street, Philadelphia, or his agents, Mead & Woodward, 37 Park Row, New. York City.

PACIFIC RAILROAD.

Such is the conformation of the earth's surface and the relative position of the countries of the world in reference to trade, commerce, and manufacture, that the great pathway of nations is destined to be that which connects the Mississippi river with the western shore of the Pacific Ocean, by rail.

As between China, Japan, Australia, and the East Indies, on the one hand, and the United States, with England and Western Europe, on the other, the Pacific railway would save months of time in transit—and time is money—hence the road will be built. Not one line, but two; for two are imperatively required. The necessities of the times, martial, civil, social, and commercial, will have them, and that too, in a much briefer space than most persons imagine. One from Oregon to St. Anthony's Falls; the other from San Francisco by way of Texas to New Orleans. Then, by reason of the trade winds going and returning across the Pacific, the quickest route for travel or freight, from the Americas, will be from New Orleans via El Passo, in Texas, to San Francisco; while from China and adjacent countries, to the United States and England, the most expeditious conveyance will be across the Pacific, and by way of the line from the mouth of the Columbia or Puget Sound to St. Anthony's Falls, Minnesota, or the Mississippi river. A round voyage thus, will save between one and two months' time; and that, on a cargo worth millions of money, besides wages, is an item so considerable, that private enterprise will greedily seize at the chance of investment.

PIANO FORTES.

There is a time-honored and mammoth building cornering on Fourteenth street and Third avenue, which has met the familiar gaze of such of our citizens as have been accustomed to pass that way, for perhaps a greater part of the present half century. This building stretching its immense length along two streets, is devoted exclusively to the manufacture of the Worcester Piano, which has a name for durability of structure and sweetness of tone which ought, if it has not, to have made the fortune of any man of moderate ambitions. But it is not as easy now as formerly, to make a fortune by strictly honest dealing; if done at all, it is only until a man has become decrepid and gray, and almost ready to take his departure on the returnless journey; one of the reasons of this is found in an article in the July number, headed "unskilled labor."

Another, at least temporary drawback, as to a speedy fortune by strict business integrity, is the want of means on the part of the many, to secure the best materials for their particular handicrafts. Sometimes on account of a want of foresight or thrift, or a still more unpardonable want of knowledge, materials are needed for the construction of a superior article, which no money can purchase, and time only can procure the needed supply.

Too many of our mechanical men live from hand to mouth, and the material purchased yesterday, must be used to-day; in proof, look at any floor in any brown stone or marbled front, in the whole city of New York, constructed within the last five years, and it will be scarcely possible to find a well-fitting door, an easy moving drawer or window sash, while the joints in the floors will measure from a quarter to half an inch or more. This is so undeniable, that builders find it the shortest cut to say, that it is owing to furnace heat; and yet, Forty-two Irving Place, which has a furnace only for appearances, can show floors on either story half an inch apart at the ends of the boards, and at the sides in proportion.

When, however, there is a business integrity, and abundant means to employ the best materials in fabrics of any description, two results always show themselves, a good name and an ultimate prosperity; hence the reputation and success of the establishment in question, whose instruments stand the test of all weathers, from Canada to Cuba, and from the borders of the Atlantic to the shores of the Pacific Sea.

To make this practically useful to all young mechanics, the secret should be communicated, and it consists in three things:

- 1. A faithful apprenticeship to a good master.
- 2. A timely supply of the very best materials;
- 3. Making them up without haste, and with the utmost carefulness.

In the case above, the wood of important parts is obtained years beforehand; it undergoes a most minute examination as to its soundness, passing through a long seasoning, according to the varying thickness and hardness of the particular wood, and if at the end of this tedious process, the material remains sound and hard, without a blemish, it is used, and not otherwise. It is thus by making each particular instrument as if for his own personal use, almost living in the same building with the workmen, passing through every room at any hour of the day, making the employés feel as if they were watched every moment; it is by these means, we repeat, that the Piano Fortes of this house have acquired a reputation at home and abroad, which requires an almost daily shipment to other countries as well as to the various parts of our own.

To every young mechanic we therefore say, the path of a certain and honorable success for you is,

- 1. Be thorough masters of your calling; and,
- 2. Give honest material and honest work to every article which leaves your establishment.

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Dr. R. T. Trall, whose Hydropathic establishment at 13 Laight Street, New York, is so well known, has just published a book purporting to be "A Scientific and Popular Exposition of the Fundamental Problems in Sociology, issued by William Wood and Co., of New York, and G. J. Burns, Wellington Road, Chamberswell, London, England, sent post paid for \$2. 312 p., 12mo., with Illustrations. Dr. Trall is a prolific writer, and has published several books, which merit a very general circulation, such as "Alcoholic Medication," 30 cts.; "Women's Dress," 30 cts.; "Hygienic Cook-Book," very valuable, 30 cts.; Rethes' "Manual of Gymnastics," 40 cts. Turkish Baths at \$1.50 each, where applicably administered are of very great value; they are artificial "sweats," and are often a thousand times better than physic!

In the heat of summer it is especially desirable to preserve the entire person as pure and clean as possible; the feet are particularly liable to acquire an ill odor; they should be placed in water, warm is best, ankle deep for a minute or two, then wiped dry and then wash face, hands, armpits and lastly the feet with a mixture named in this Journal several years ago; two tablespoons of Hartshorn water, called "Aqua Ammonia" by Druggists, in a basin of water; or a tablespoon full or two of common spirits of hartshorn in the same amount of water; it not only removes all odor, but leaves the skin most perfectly clean; but put on a clean pair of stockings every morning.

BRIEF BIOGRAPHICAL DICTIONARY, by Rev. Charles Hole, of Trinity College, Cambridge, England, with additions and corrections by Wm. A. Wheeler, AM., assistant editor of Webster's Dictionary and author of Noted Names of Fiction, etc., published by Hurd and Houghton, 459 Broome St., New York, 1866. 453 pp. 12mo Sent postpaid for \$2.00 This book gives, in alphabetical order, in one line, the most eminent names of the dead, the year of their birth and death and four or five words descriptive of the character of their lives; and this is human fame and human worth and human life, to be compressed in a single line. Cæsar C. Julius, Dictator, born 100 B.C. died 44 B.C.; Bonaparte, Napoleon I. Emperor, born 1769, died 1821. We eagerly looked for some of the revered names of our Archibald Alexander, American-Divine, born 1772, died 1851; James Waddell Alexander, D.D., (our own Pastor,) American Scholar and Writer, born 1804, died 1859; Joseph Addison Alexander, D.D., (Brother) Divine and Linguist, born 1809, died 1860; Charles Caldwell, (our honored medical preceptor,) Medical and Miscellaneous writer, born 1772, died 1853 It is a most interesting and valuable book, destined to be in the library of men of all professions, of poets, scholars, writers; men of our time everywhere will make it a standard book of reference; the American compiler has added very greatly to the value of the English edition by adding very many American names; the public will be glad to know that he is preparing a similar work to embrace the names of the distinguished living.

INDEX OF HALL'S HEALTH TRACTS.

Containing 236 Health Tracts on the following subjects, with a steel engraving of the Editor, sent post-paid for \$2.50.

Aphorisms Physiolog'l. Diarrhea. Ice. Uses of. Sick Headache. Inverted Toe-Nail. Sunshine. Death. Apples. Dying Easily. Skating. Antidote to Poisons, Insanity. Acre, One. Drowning. In the Mind. Suppers, Hearty. Diptheria, Kindness Rewarded. Soldiers Remembered. Apoplexy. Burying Alive. Dysentery. Law of Love. Cared for. " Baths and Bathing. Disinfectants. Longevity. Health. Death Rate. Life Wasted. u Beards, Items. Bites and Burns. Loose Bowels, Deranged. AlL Backbone, Digestibility of Food. Leaving Home. Serenity. Beauty a Medicine. Dirty Children. Logic Run Mad. Sores. Best Day. Drugs and Druggery. Medicine Taking. Sunday Dinners. Baldness. Eyes, Care of. Memories. Small-Pox. Burning to Death. " Weak, Sleep and Death. Music Healthful, Bilious Diarrhea, Failing. Spot the One. Milk, its Uses. Balm of Gilead. Erect Position. Miasm. Specifics. Bread. Eating. Marriage. Spring-Time. " Cold Cured. Wisely. Morning Prayer. Summer Drinks. Eat. How to. " Neglected. Month Malign. Sickness not Causeless. " Avoided. " What and when to. Mental Ailments. Sayre, the Banker. " Nothing but a. Eating Habits. Mind Lost. September Malign. " In the Head, Great. Medical Science. Summer Mortality. Curiosities of. Neuralgia. " How Taken. Stammering. Nursing Hints. Soups and Gruels. " Catching. Economical, Emanations. Nervous Debilities. Sick School-Girl. Consumption. Coffee-Drinking. Elements of Food. Old Age Beautiful. Stomach's Appeal. Fruits, Uses of. One Acre, Sleep. Checking Perspiration. Flannel Wearing. One by One, Summerings. Follies, Fifteen. Obscure Diseases. Study, Where to. Centenarian. Fire-Places. Precautions. Salt Rheum. Child-Bearing. Children's Eating, Fifth Avenue Sights. Presence of Mind. Sordid Feet. Food and Health. Premonitions. Traveling Hints. Children Corrected. Feet. Private Things. Three Ps. Fetid Feet. Poisons and Antidotes. Dirty. Teeth. Food, Nutritiousness of. Pain. Coal-Fires. Toe Nail. Inverted. " its Elements. Peaceless. Cute Things. Thankful Ever. Coffee Poisons. Greed of Gold. Preserves. Urination. Clothing, Flannel, Genius, Vices of. Parental Trainings. Valuable Knowledge, Great Eaters. Woolen, Philosophy. Vaccination. Gruels and Soups. Physiological Items. Changing. Ventilation. Hair Wash. Posture in Worship, Vermin Riddance. Cholera. Clergymen. Health a Duty. Physician, Faithless. Winter Rules. Observances. Popular Fallacies. Cancer. Walking. Essentials. Punctuality. Warning Youth. Corn-Bread. Theories. Convenient Knowledge. Providence. Woman's Beauty. Hydrophobia, Rileumatism. Charms. Whitlow. Headache. Read and Heed. Cooking Meats. Whitewashes. Cheap Bread. Housekeeping. Resignation. Worth Remembering. Church Ventilation, Housewifery. Restless Nights. Worship, Public. Cough. Household Knowledge. Recreation, Summer Posture in. Habit. " Dyspepsia. Restlessness. Without Price. Home, Leaving. Drinking. Sitting Erectly. Weather Signs. Diet for the Sick. Happiest, Who are. Shoes Fitting. Weather and Wealth. Warmth and Strength. Deafness. Hunger. Sabbath.

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AND HARMLESS FEELINGS, PROMOTES HEALTH; AND WHATEVER INDUCES
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

We aim to show how Disease may be avoided, and that it is best, when sickness comes, to take no Medicine without consulting an educated Physician.

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OCTOBER, 1866.

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CHOLERA AND CALOMEL.

Confirmation of our January article, written in 1854, is found in the following, which has just made its appearance, and of which and its author, the New York Evening Post says—

"We find in the current number of the Cincinnati Lancet and Observer an article by Dr. John Davis, one of the most eminent and skilful allopathic physicians of the western states, in which he gives particulars concerning the treatment of cholera, which will, doubtless, have interest for those of our readers who adhere to the allopathic method.

After reviewing the different modes of treatment and re medies adopted in various countries, and showing their uncertainty,

Dr. Davis says:

SYMPTOMS.

'I judge, therefore, that, as yet, we are safest in seeking in the symptoms of this disease for guides for its management.— Examining the course of the malady, it is very often found that its attacks are preceded by laxity of the bowels corresponding to ordinary diarrhæa, the stools not being white nor rice-water in character. We are not warranted in pronouncing such cases cholera; for during the epidemic prevalence of this pestilence, perhaps a large part of the population are thus troubled, and though many of them take no medicine, they escape any serious illness. This kind of diarrhæa the French have named cholerine; but inasmuch as Dr. Farr has applied this word as a

term for the zymotic cause of cholera, it is less likely to cause confusion if we confine ourselves to the use of the old name diarrhea for this condition. The indications for its treatment

are simply to use ordinary astringents.

When, however, the discharges assume the rice-water form, or are white and copious, we are warranted in concluding that cholera is present. Ur. Drake, in one of his letters to the public, in the early part of 1849, very emphatically declared, that when this character of stool appears, it is just as sure that cholera is present as that your house is on fire when as yet only a few shingles are burning. Yet the course taken by many regular physicians in this city was to consider nothing as cholera that did not run through all the stages of the disease, including collapse, and often even death. When a city ordinance required a statement for the public from each practitioner of the number treated and the results, one estimable and excellent physician, holding the views to which I have referred, reported four cases and four deaths. So strong was the disposition among regular physicians to attach odium to any report of success at that time, that I declined making any return concerning my own cases.

'Rice-water diarrhœa, or diarrhœa presenting copious whitish stools, appearing when cholera is epidemic, being regarded by all of the writers as sufficiently evincing the presence of the

malady, it is our duty to acquiesce in this conclusion.

'These discharges manifest the absence of bile, and that we need something that will cause this secretion to flow into the intestines, and for this purpose no agent is so powerful as calomel. And our experience teaches us that even in common diarrhoea attended with whitish discharges, and particularly in the case of young children having this kind of evacuations, we are very slow and uncertain in arriving at success, except when we combine a limited amount of this agent with our other means.

'Another indication is to control the diarrhea by the admin-

istration of astringents in company with the calomel.

'Pursuing our investigations, we find that an essential feature of the disease is the more or less rapid failure of the capillary circulation, and to counteract this tendency no medicines are so effective as piperine and capsicum. They determine more to the surface than any other stimulants that have not otherwise a mischievous action in the condition of a cholera patient. So active are they, that a well person taking a full dose of either is hot all over, often in a few minutes.

As the attack advances, vomiting, intense thirst and suppression of the urine occur, accompanied with violent cramps in the limbs; and if the attack is not controlled, collapse and death follow.

'Such is the general description of this disease, but the cases considered individually often present minor difficulties which require attention almost as much as the graver symptoms.

TREATMENT.

'My course upon meeting with a case of Asiatic cholera of the ordinary form was to administer something amounting to the following, viz: Calomel, ten grains: gum kino, twenty grains; piperine, ten grains; prepared chalk, one drachm. Mix and divide into ten parts. One of these powders to be given every ten minutes, or even only every three hours, according to the condition of the patient.

'Instead of this formula I frequently used the following, viz: Blue mass, one scruple; tannin, two scruples; piperine, one scruple. Mix and make into twenty pills. One of these to be taken every twenty minutes, or only one every two or three

hours.

For the vomiting I ordered mustard poultices over the stomach, and when this did not suffice I prescribed the following preperation for internal use, viz: Creosote, half a drop; chloroform, from half a fluid drachm to a fluid drachm; simple syrup, half a fluid ounce; peppermint water, one and a half fluid ounce. Mix. A teaspoonful of this to be given every ten or twenty minutes while the vomiting continued.

'Notwithstanding the intense thirst, I forbade the use of water except in tablespoonful measures sparingly supplied, having found that in larger quantities it was immediately vomited. I however allowed small pieces of ice to be kept in the mouth; and I gave water liberally after the vomiting had ceased.

As to the mercury in the foregoing prescription, I discontinued its use as soon as the stools were darkened in color, or the diarrhoea was arrested. My observations led me to conclude that the further administration of mercury tended to the establishment of dysentery and attending fever. When the diarrhoea persisted and the discharges were of a darkened color, omitting the calomel or blue mass, I continued the other parts of the treatment; and when the diarrhoea was checked, I left off the astringents, continuing the use of the stimulant till reaction was fully re-established, and often combining a grain of

quinine with each dose of the stimulant. In some cases I used Huxham's tircture of bark, or some preperation of iron, instead

of the quinine, as a tonic.

'Soon after the appearance of reaction the kidneys usually resume the performance of their function; and there was seldom an occasion for a resort to diuretics. The plenteous supply of water, administered as soon as the patient was able to retain

it, almost always sufficed.

'This was the general plan of treatment. For the lesser troubles that often attended I ordered as the circumstances seemed to demand. Opium or brandy I did not prescribe, except in special cases; and then only when the attack was in an early stage, owing to the fact of what I saw myself and the testimony of some of the highest authorities, that their use tends to increase the danger of the occurrence of fever and cerebral difficulties when the patient has survived the first stage. Blistering with cantharides over the epigastrium was in 1832 extensively practiced in Europe; but the little benefit of it was so manifest that no systematic writer now recommends it.

'Frictions I discountenanced, inasmuch as they increase the alarm of the sick and excite the minds of the attendants, without producing any benefits adequate to compensate for their evil effects. And this course I also pursued with everything

clse that was likely to add to the fears of the sufferer.

'I wish I were able to state the proportion of recoveries under the plan which I pursued; but I know recovery was so frequent that even when called to a severe case I expected the patient to get well. Even a large number of my collapsed cases survived. I may add that the great majority of my patients got well in a very few days without passing through a stage of fever, or having any cerebral disturbance.

'My field of observation during the invasion of I849 was extensive, as many of you know. My office was in the crowded German portion of our city, where every physician had more calls to visit persons stricken with this disease than, even with the utmost taxing of his physical powers, he was able to at-

tend."

——As a matter of general interest we append the following Cholera prescription. — The Board of Health of New York city recommends the following prescription in severe cases of Diarrhea, when the services of a physician can not be immediately obtained, "Tincture of Opium, Tincture of Camphor, Tinc-

ture of Capsicum, of each one drachm; Chloroform, half a drachm; mix and take half a teaspoonful after each evacuation. This will in most instances cure a diarrhœa, but it does not follow that it will cure Cholera. The typhoid symptoms which the disease leaves behind it in the system must have other treatment; but much has been gained when these characteristics have been overcome. By the use of the above remedy until a patient can be seen by a physician, a recovery may occur which would be hopeless if the disease were permitted to go unchecked into a full or even partial collapse."

As Diarrhea, Dysentery and Cholera are in the same class of diseases, and when cholera prevails there is more or less of the other two present at the same time and are liable to run into cholera, we advise all our readers to have a three ounce vial of the following in their houses in case of an attack in the night or its being impossible from any cause to secure promptly the services of a physician. The very fact of giving something which is recommended by such high medical authority has of itself a quieting and soothing influence on the patient in promoting a recovery; but bear in mind always that Dysentery gives bloody discharges with much distressing and unavailing straining. Diarrhea gives large, thin, yellow, green or dark, ill-smelling discharges with more or less griping. Cholera gives neither griping nor blood, but a copious, forcible, whitish, thin, inodorous, painless and most exhausting discharges; one of which is cholera begun, to be followed up by others, bringing on in a few hours vomiting, cramps, suppression of urine, hoarse voice, blue covered with large drops of sweat, and death, with generally a calm, composed and perfectly rational mind to the very last.

TREATMENT OF DYSENTERY.

The Nashville (Tenn.) Journal of Medicine and Surgery contains an article on the above subject, by J. W. Brown, M. D., the substance of which will be of interest to many of our readers. He states that dysentery is the principal disease with which the physician has to contend in Tennessee, Arkansas and North Louisiana, and in some localities the mortality is frightful. Drs. McMath and Weilder, of Louisville, Ark., informed him that they had treated three hun-

dred cases of the most aggravated form with success by the use of creosote, and in every case in which it was given (if not delayed too long.) a marked improvement took place. The following is the formula used by these gentlemen:

Capsicum, 10 drops; acetic acid, 20 drops; sulphate of morphine, 2 grains—all mixed in an ounce of distilled water. A teaspoonful of this is given every three or four hours to adults; smaller doses are given to children, in gum arabic mucilage. Drs. Mc Math and Weilder consider it nearly, if not quite, a specific in dysentery.

This disease is sometimes very fatal and prevalent in all parts of our country, and children about two years old, in the cities, are very liable to be attacked with it in the months of July, August and September. Creosote and morphine alone, we understand, are given in such cases by our New York physicians, but with what general success we can not tell."

Whole volumes could be written about cholera, but there are two points upon which every observant reader should keep his attention steadily fixed, that is, the actual facts connected with its exciting cause and cure. The original cause we know but little about, but it must be a something which precedes the exciting cause and without which there can be no epidemic cholera; this is most certainly the fact that many things will excite an attack of cholera, when the disease is prevalent, which do not do so when it is not. But this original cause cannot produce a single case of the disease without the aid of an exciting cause; these two causes, the original and the exciting, are like powder and fire, harmless, unless brought in contact. Filth of person, clothing, dwelling, and locality, are regarded as among the indisputable, exciting causes; it is true only in part perhaps; not all kinds of filth cause cholera; the filth of decaying vegetation excites the disease in a community; but we have seen no proof that proximity to a grave-yard, to slaughter-houses, or bone-boiling, or glue establishments is more dangerous in that direction. A man in ordinary health may sleep in a slaughter-house for a month, in a cholera locality, and will not take the disease; if, other things being equal, he sleeps in a house on the windward side of a drained mill-pond, its muddy bottom exposed to a hot mid-day sun, any time from June to September, he will die in a week, if not in twenty-four

hours. Whatever of a vegetable nature that is allowed to decompose by being kept moist and exposed to a hot sun, or the heat of a ship's hold in warm weather, will excite cholera, always and under all circumstances, where cholera is prevalent; when it is not prevalent, it will always cause diarrhea, dysentery, and all forms of spring, and fall fevers, according to the degree of decomposition, from slight fever and ague which continues for months, and leaves the system as well as ever, to the congestive chill, which kills in a night. When any one thing causes epidemic cholera, it is important to know what that one thing is, so as to direct all the energies to its removal, instead of wasting them in the removal of other things comparatively harmless. No standing water on an earthen bottom ought. to be allowed within a mile of any residence in cholera times; and in communities, every street gutter should be kept as clean as a broom can make it, or as dry as a powder-horn. Street filth, cellar filth, rear-yard filth, kitchen filth, all involving the decay of vegetable substances, these are they which make cholera victims in cities.

As to the pathology of the disease, we think it is the failure of the liver to withdraw the bile from the blood, it is torpid or relaxed, and does not do its legitimate work with proper activity; whatever restores this action, cures the case. cians of legitimate medicine, of all lands, know that calomel is the most certain medicine known to man, by a thousand-fold to stimulate the liver to its natural action; there are various other medicines which have a similar effect, but they can never be relied on, and when the time lost in a failure is literally death, in this terrible malady, surely the certain should be employed in place of the uncertain: besides this there is another incalculable advantage in calomel as in the progress of cholera in each case there is such an irrepressible vomiting, that even cold water is ejected with great force, the instant it reaches the stomach, much more, nauseating drugs, but calomel is so heavy that it sinks to the bottom of the stomach, especially if in the form of a pill, and is, in that form at least, impossible of ejection, and goes on to do its proper work, first of arresting the passages within two hours, next of changing their color.

Dr. Edward B. Stevens, the efficient and able editor of the Cincinnati Lancet and Observer, says that in the recent fearful ravages of the disease in Cincinnati, Ohio, the majority of the best physicians there have found the main reliance to be

small doses of calomel, two or three grains every fifteen minutes, in combination, some with one thing, others with another, capsicum, piperine, opium, &c., while others, for whom he has a great esteem, give from ten to twenty grains at a time, and then rest, and wait for the result; this is precisely the course we hinted twelve years ago, and repeated in the last January number. Dr. Davis says, "his experiences this summer quite fully confirm the views advanced" in the article which we have just given our readers. We think the patient's life is endangered and time lost in feeling along with two or three grain doses at fifteen minutes interval, trying, as it were, to get along with the least amount of calomel possible, when in many cases a great deal more will be given in the aggregate, than the single large dose, to say nothing of the incessant disturbing of the patient whose inmost heart in all cases yearns to be let alone; this constant doing something for a cholera patient, plasters, frictions, dosing and inquiries, exhaust his strength, and impress him with a sense of danger which in many cases kick the beam in favor of the grave.

If the dejections of cholera patients cause cholera, and if it is spread by intercommunication, through travellers, it is difficult to explain its leaping during 1866, from the Atlantic coast to the Mississippi valley, requiring three months in the transit, while travellers perform the journey in three days, but on the malarial theory, vegetable decomposition, the explanation is easy and conclusive; the cholera has raged in the Western cities which are either built upon made ground or are in the immediate vicinity of a soil composed almost wholly of the remnant of vegetable decay, as in Cincinnati, St. Louis, Memphis, and New Orleans. If the fatality in New York had been equal to that of Cincinnati, we should have reached four hundred

deaths in a day, instead of seventy-four, at its highest.

All know that the disease has waxed and waned in New York city thus far, in proportion to the heat of the weather, which causes vegetable decomposition, that is of kitchen offal, rinds, peelings, tops, decayed parts, dust; and as to the streets, weeds, grass, bits of wood, droppings of animals, made up wholly of vegetable matter. We do not object to putting away choleraic dejections, instantly and perfectly, as a matter of comfort, cleanliness, and decency, but the chief attention should be the removal or prevention of such filth as has been so much insisted on. Epidemic cholera is impossible under any circumstan-

ces in a pure air, or in a clean sandy plain, or in rocky mountain

sides, because there is no vegetation there to decay.

With very great interest and satisfaction a letter from Dr. Davis is appended, this moment received, and he will excuse the liberty taken in publishing it, for he is known to be too great a lover of scientific truth to have any delicacy in the use of anything from his pen which would add to the knowledge of the profession or promote the public welfare.

CINCINNATI, Aug. 30th, 1866.

DR. HALL.

DEAR SIR.—In your little note under date of August 28th, you inquire whether my plan of treatment of Asiatic Cholera has been as successful in 1866 as it was seventeen years before?

I reply that it has;—that in every case but two, at most, in my practice, where the sick have been placed under it early, and the course strictly followed, recovery has been the result, and that without, in a single instance, the occurrence of consecutive fever.

It is a gratification to me to be also able to state that as many of the other physicians here as I have known to strictly

adopt my course have been equally successful.

One of these, who probably has had as great a number of cholera patients as any physician in this city, during the epidemic of this summer, remarked to me to-day, "that pursuing this plan of treatment he has no fears for a cholera patient if before being called to attend, no opium or camphor has been administered, and the fluids of the body of the patient were not already almost completely drained away.

I have taken notes of every case of cholera of which I have had charge, and as soon as I have time I shall prepare a care-

ful report from them.

My views of the disease have not changed in the least. Cholera as it has prevailed in this city during the last few weeks, has been as the books have described it everywhere. If there has been any difference between the cases of 1849 and those of the present year, the difference has been that the cases this year have been more persistent, and required the longer continuance of the administration of calomel before the discharges were darkened in color, or the diarrhœa lessened in violence.

Our city during the invasion which began in 1859, with half

the population which it now has, lost four or five thousand people by cholera. This year we have lost only thirteen hundred.

What next summer will show we cannot tell.

In looking over the names of those who have died here of the disease, as they have been published in the daily papers, the striking fact is manifest that they were almost every one either German or Irish; that is of the number who live in tenement houses, inhaling, of necessity, concentrated crowd poison during much of their time.

Yours respectfully and truly,

John Davis, 323 Elm Street, Cincinnati.

We are not particularly anxious that our views of the nature, cause and cure of epidemic cholera should be adopted, but we do desire that all the real facts should be presented to the profession, and to intelligent general readers to aid in arriving at the true principles of practice.

While all the facts are fresh in the memory, the Board of Health of New York would do well to answer the following

questions in the light of all their observations.

1st.—Were there a greater or less number of cholera cases in the vicinity of slaughter-houses, gas-works, glue manufac-

tories, and bone-boiling establishments, than elsewhere?

2d.—If cholera dejections are a fruitful cause of spreading the disease, which seems to be becoming the almost general sentiment, must we suppose that only drunken persons and those living in low, flat, damp, or otherwise filthy localities, chanced to fall within the influence of those dejections?

3d.—Did not the heighth of the thermometer indicate the

ravages of the disease?

4th.—Were not those ravages always greater in low, flat, damp localities, and were not high grounds and clean sections

wholly exempt?

5th.—If the cholera is a portable disease, that is, carried by travellers from one part to another along the great lines of travel, as was so confidently and pertinaciously asserted, a few months ago, why has it not reached Boston and Albany before this? Why did it require three months to reach Philadelphia, less than ninety miles away; why has it passed the Alleghanies and leaped over Pittsburgh and lighted on Cincinnati, at the end of several months, when there is an incessant stream of

travel of thousands of people daily from New York? It required several months for the disease to reach Harlem flats from the bay of New York, a distance of less than ten miles, travelled by thousands every day, in crowded cars. The disease appeared sooner in the North than in the warmer localities west and south, as Cincinnati and Charleston, because made lands are lower and more moist, and it required a more protracted heat to evaporate the water and leave the flat surfaces exposed to the sun. Boston and Albany were too cold or stony, Pittsburgh too precipitous to hold water. We think, therefore, that the malarial theory explains all these points more satisfactorily than any other.

The noisome establishments above named ought not to be allowed to remain one hour within the limits of any community. Their very presence has a pernicious moral effect, as well as physical; it is only contended that there is not sufficient proof to show that they develope cholera, in a cholera atmosphere.—What has been said, relates only to epidemic cholera, that which involves a number of cases, those which occur singly, from personal, individual, or transient causes, are not to be taken into account; we conclude, therefore, that the law of the spread of epidemic cholera is heat, causing vegetable decomposition in a

cholera atmosphere.

MAD-STONE.—John Smith, of New Harmon, Ind., says that while living with the Indians, he learned that the Mad-stone was obtained from the Rennett of the Deer, and that he has one of them which will cure a bee-sting within the time one can hold his breath. Webster defines the Rennett, or Runnett, the prepared stomach or concreted milk found in the stomach of a sucking quadruped.

RANCID BUTTER is said to be restored to nearly its former sweetness, if three pounds are churned with half a gallon of

sweet milk.

MUSQUITOES are said to be driven from a room if a piece of gum camphor, as large as the quarter of a hen's egg is placed on a piece of tin and held over a lamp, but not so near as to take fire. The London "Field" says that the branch of a walnut tree, suspended over a bed, is a good protection against gnats and musquitoes. The Editor will be obliged to any one who will make the experiment thoroughly, and report.

WARNINGS TO MINISTERS & OTHERS.

One of the ablest men of his time, a loved son of New England, gentle as a woman in his manners, but in mind as to culture, and power, and vigor in arguments, a very samson, after preaching in a country church on a cold winter's night, was invited to a neighbor's house until the morning. He retired early, and as usual, was put in the best room, to occupy a most faultlessly clean, sofr, white bed. From long disuse it had become damp. He felt its coldness keenly, but not wishing to give trouble, and in the hope of soon becoming warm, he fell asleep, but awoke in the night with a terrible chill and cramp, of which he died in a few hours.

The immediate cause of the death of Lord Bacon, whose renown is world-wide, was the cold and dampness of a spare room; the best room in the house of a friend with whom he stopped for a night on his way to London.

Let parishioners who may chance to read these lines, and who wish to honor a clergyman who may be enjoying their hospitality, with the best things they can offer for his convenience and comfort, have a care to freshly air and warm the bed clothes of the spare chamber for two or three hours before they are used for the night, especially if the bed has not been occupied for a week or two. If during the evening he has been preaching, give him facilities for being thoroughly warmed before he is sent to his chilly "spare chamber." The clergy of the Christian church are the salt of the earth in a most important sense, for they are the ambassadors of God; hence our interest and duty demand that for their office' sake if for no other, care and consideration should be shown them. No one will be sorry at the judgment for bestowing such attention. The reward will be the same as if it had been done for the Master in His own person, for His words are, "Inasmuch as ye did it unto one of the least of these, ye did it unto Me."

To mothers in Israel another word of caution may be given. Some of the clergy are killed by piecemeal, others in a night, by mistaken kindness. Ye meant it unto good, but the sure result follows for all that, and inevitably. If the minister dines with you and has to preach within a few hours, it is safer and better to provide a very plain meal, so as not to tempt the appetite; otherwise an inefficient or sleepy discourse is almost an inevitable result. A very hearty supper after a long fast or exhausting religious services, endangers life itself. A very able minister of the Lutheran church, and a loved editor of a religious newspaper, was on his way to attend one of the church councils. He left home early in the morning and travelled until noon, but circumstances were such as to make it inconvenient for him to take dinner and before he could reach the intended stopping place it was late in the evening. He was cold, and hungry, and very much exhausted. The family knew all the circumstances, and in their sympathy for him prepared a "splendid supper." He soon felt recuperated, an hour passed pleasantly in conversation, and in due time all retired for the night. The minister did not appear at the breakfast table. On going to his chamber he was found insensible, and in a few hours died of apoplexy. And this was the result of a hearty meal. He had a weak constitution. An empty stomach was overloaded and in that condition he went to sleep, and death was the consequence.

The first meal after a severe effort of either mind or body, especially if the effort has been protracted should be a very simple one, such as light bread, butter, and a cup of hot drink; then in four or five hours a hearty meal may be partially taken, and is necessary.

EARLY RISING.

Health and long life are almost universally associated with early rising; and we are pointed to countless old people, as evidence of its good effect on the general system. Can any one of our readers on the spur of the moment, give a good conclusive reason why health should be attributed to this habit? We know that old people get up early, but it is simply because they can't sleep. Moderate old age does not require much sleep; hence, in the aged, early rising is a necessity, or convenience, and is not a cause of health in itself.—There is a larger class of early risers, very early risers, who may be truly said not to have a day's health in a year—the thirsty folks, for example, who drink liquor until midnight and rise early to get more! One of our earliest recollection is that of "old soakers" making their "devious way" to the grog-shop or tavern bar-room, before surrise, for their morning grog. Early rising, to be beneficial, must have two concomitants; to retire early and on rising to be properly employed.—One of the most eminent divines in this country rose by daylight for many years, and at the end of that time became an invalid, has traveled the world over for health, and has never regained it, nor ever will. It is rather an early retiring that does the good, by keeping people out of those mischievous practices which darkness favors, and which need not here be more particularly referred to.

Another important advantage of retiring early is, that the intense stillness of midnight and the early morning hours favor that unbroken repose which is the all-powerful renovator of the tired system. Without, then, the accompaniment of retiring early, "early rising" is worse than useless, and is positively mischievous. Every person should be allowed to "have his sleep out;" otherwise, the duties of the day cannot properly be performed, and will be necessarily slighted, even by the most conscientious.

To all young persons, to students, to the sedentary, and to invalids, the fullest sleep that the system will take, without artificial means, is the balm of life—without it there can be no restoration to health and activity again. Never wake up the sick or infirm, or young children, of a morning—it is a barbarity; let them wake of themselves, let the care rather be to establish an hour for retiring, so early that their fullest sleep may be out before sunrise.

Another item of very great importance is, do not hurry up the young and the weakly. It is no advantage to pull them out of bed as soon as their eyes are open, nor is it best for the studious or even for the well who have passed an unusually fatiguing day, to jump out of bed the moment they wake up: let them remain without going to sleep again until the sense of weariness passes from their limbs. Nature abhors two things: violence and vacum. The sun does not break out at once into the glare of the meridian. The diurnal flowers unfold themselves by slow degree; nor fleetest beast, nor sprightliest bird, leaps at once from his resting place. By all which we mean to say, that as no physiological truth is more demenstrable, than that as the brain, and with it the whole nervous system, is recuperated by sleep, it is of the first importance, as to the well-being of the human system, that it have its fullest measure of it; and to that end, the habit of retiring to bed early should be made imperative on all children, and no ordinary event should be allowed to interfere with it. Its moral healthfulness is not less important than its physical. Many a young man, many a young woman, has taken the first step towards degradation, and crime and disease, after ten o'clock at night; at which hour, the year round, the old, the middle aged, and the young, should be in bed; and the early rising will take care of itself, with the incalculable accompaniment of a fully rested body and a renovated brain. We repeat it there is neither wisdom nor safety, nor health, in early rising in itself; but there is all of them in the persistent practice of retiring to bed at an early hour, winter and summer.

NOTICES.

WE do not remember to have read in many a day any article on any subject with such an intense interest as Tischendorf's description of the manner in which he became possessed of the Sinai Bible, in one of the cloisters of Mount Sinai, it being, perhaps, the oldest copy in the world of the old and new Testa-

ments written in Greek about the year 333, A. D.

"I had rather," said a venerable and courtly man, " have discovered for the Queen of England the Sinaitic manuscript, than "Koh-i-nur;" and certainly it is worth more to the human race than any number of Koh-i-nurs, because it is a "mountain of light" not yielded by a perishable jewel of an hour, but a source of light upon the Holy Scripture, which shall not cease to shine during the ages. It was translated from the author's German narration for the Hours at Home, a New York publication devoted to religion and useful literature. Thirty cents will procure a copy containing the article, sent to Charles Scribner & Co., 654 Broadway, New York, it being the June No. for 1866, being No. 2 of volume third.

Who in the wide world but a German scholar could start from home with a hundred Dutch dollars and his only coat unpaid for, on an uncertain mission which was to take him through three continents at a cost of three thousand dollars and fifteen years' But the plodding Dutchman did it; and what is more, gloriously succeeded, to the great joy of Pope, Autocrats and

Kings.

The Christian puplic owe much to the enterprise of Hours at Home in obtaining this translation of Tischendorf's absorbing

narrative.

THE DENTAL REGISTER, edited and puplished monthly at Cincinnati, Ohio, \$3 a year - by J. Taft, is well worth the patronage of the Dental profession. It is now near the close of its 20th volume.

THE CHICAGO MEDICAL EXAMINER, a Monthly, \$ 3 a year; edited by Professor Davis, has a most important article in the June number on the Primary Surgery of Gen. Sherman's Campaigns, by Professors Andrews and Wentworth. Dr. R. P. Cotton of London, on spitting blood as a sign of Consumption. Our own views are that if a man ever spits blood, he will in nine cases out of ten die of consumption unless promptly and properly treated. Although friends and physicians are too ready to ascribe it to any other cause, it is infinitely safer to say, that when a man spits blood it means death within two years, with very rare exceptions; especially when there is cough and the cough always gets

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better after each bleeding. On the other hand when a woman spits blood we consider it a sign of no special importance of itself, unless it be a sign of their going to get well. ——Also an article on the newly discovered cause of Fever and Ague, by Prof. J. H. Salsbury, who has immortalized himself by the discovery, if time verifies it. The idea is that the cause of fever and ague, for example, is a vegetable seed, of which the air is full at the surface of the earth at sunrise and sunset. None are found in the air during the middle of the day, nor at any time usually at a greater height than thirty feet; answering precisely to the laws of miasm, published by us several years ago.-(See articles "Miasm," and "Month Malign" and "Farmers' Houses," in previous volumes of the Journal.) It is one of the most important of all practical subjects connected with disease and the use we have made of the facts known in regard to maladies of this character in the shape of Spring and Autumnal diseases, epidemics, etc., was to recommend as an absolute and infallible preventive of these ailments in any family in the Autumn was:

First — To sleep in the upper stories.

Second - To exclude the night air from the chambers.

Fourth.— Never go outside the house till breakfast was eaten. Fourth.— Come into the house before sundown and not go out

afterwards, at least until supper was taken.

Fifth.— Kindle a fire in the family sitting-room at sunrise and sunset, and sit by it. All these items correspond with Professor Salisbury's discovery. That these sporules are not found in the air of hot noon-day is because heat is incompatible with their presence.

By the thoughtful courtesy of Senator Morgan of New York City, we are in receipt of a volume of "Statistics of the United States," including Mortality, Property, Army and Navy, Deaf and Dumb, Banks, Railroads, Public Press, Churches, Educational, etc., in 1860; being the final exhibit of the eighth census, under the direction of Hon. James Harlan of Iowa, Secretary of the Interior. It is a quarto volume of 584 pages, replete with the most important information connected with our government, and will be a standard book of reference of inestimable value.

To purify rancid Lard. — The following is said to effect this perfectly:— "Knowing the antiseptic qualities of the chloride of soda, I procured three ounces, which I poured into a pailful of soft water, and when hot, the lard added. After boiling thoroughly for an hour or two it was set aside to cool. The lard was taken off when nearly cold, and subsequently boiled up. The color was restored to an alabaster white, and the lard was as sweet as a rose." Rancid butter may be treated in the same way.

THE PULSE.—In ascending into the air, the pulse, for the first mile or two, beats, for each hundred yards of ascent, one faster thus, if it beats seventy times in a minute, which is the average for adults in health, it will beat at the height of one mile, about eighty-eight times in a minute. We have not heard it so stated, but the breathing must increase with proportional rapidity, for the pulsations at the wrist, or the beating of the heart, which are at the same instant, are in the proportion to the breathing of four to one in health. It does not appear to require much effort to draw a breath, but Mr. Fitch has estimated that the power expended in breathing during twenty-four hours would raise a hundred pounds to the height of seven hundred feet.

A Dose.—The following is taken from a newspaper. The stupidity which could recommend such an abominable conglomeration is amazing. What is worthy of note, we see the same recommendation in the same paper year after year, as regularly

as the tomatoe season comes round:

"For a family of half a dozen persons, take six eggs, boil four of them hard, dissolve the yolks with vinegar sufficient, add about three teaspoons of mustard and mash as soon as possible; then add the two remaining eggs, (raw) yolk and white, stir well; then add salad oil to make altogether sauce sufficient to cover the tomatoes well: add plenty of sauce and cayenne pepper, and beat thoroughly until it frosts. Skin and cut the tomatoes a full fourth of an inch thick, and pour the sauce over."

The dish may be a very palatable one to any drunkard or tobacco-chewer, whose faculties of taste have been so blunted that nothing but fire and brimstone could wake them up to any sensibility. A curious item in reference to the dose aforesaid is, that it gives the exact proportion of every item except the quantity of tomatoes to be used; is it a pint or a bushel? What is more surprising is, that the article is headed "Tomatoes for supper." They will live longest whose food is simple, and the fewer different articles we use at any meal beyond three or four, the better; while a simple supper of a piece of plain cold bread and butter with a glass of water or a cup of warm drink of any, kind, will be of incalculable benefit in the course of a lifetime to all persons who spend most of their time indoors. It is variety which tempts us all to exceed at meal-times, and they are wisest and will be the healthiest and happiest, and the longest lived by a score of years at least, who begin early to have simple tastes, and feed at each meal on one meat, one vegetable, and one furit, with any suitable drink, with bread, butter, salt, vinegar, pepper, and such salads as desired. There may not be found one family in a thousand willing to adopt such a course, but it would prevent a large amount of pain and suffering, and wasting sickNotices. 241

ness, if something of an approximation was made to such a dietary, and as the quantity is not limited, there is no danger of starvation, especially as the articles may be changed at each meal, which allows of abundant variety.

ICE PRESERVER.—Make a double bag with a space of three inches between the inner and outer one, fill this space with feathers, at side and bottom, as tight as can be packed, and if the mouth is closely tied, a few pounds of ice will keep a week.

Boston is having a sensation—or dispensation—growing out of the adveut of Professor Blot, whose lectures on the art of cooking attracted so much attention in New York. The Post is in ecstasies after the following fashion; "Professor Blot's classes in Mercantile Hall, are filling up rapidly. More of the positive science and system of cookery is now talked about among matrons, young and old, than was ever imported into a year's conversation before. Many a hard working man of business experiences a sense of relief at the change in his domestic menage. His head is clearer; his heart is lighter; his home wears a pleasanter look. Professor Blot has done it. Thanks to the welcome lecturer on the mysteries of the culinary art, who brings happiness as well as better dishes and a sounder digestion."

THE AMERICAN TRACT SOCIETY, 150 Nassau Street, New York, have issued eighty questions on cards, with Bible answers, thus: "Should we be kind to each other?" answer, Eph, 4.32. "Be ye kind to one another." In this way most important practical information is communicated to children in an easy manner, with Scripture authority therefore. Also a paper-covered 24mo. 48 pages, "To those commencing a religious life." This is a useful work to that too much neglected class of persons, those who have just joined the church; the untiring zeal which some show in getting persons to join the church and then dropping them like a hot potatoe, as if salvation were secured, is a too common and a very grave fault. The difficulties and discouragements of those just entering a religious life are not a whit less than those which beset them previous to making a profession of religion; it is like throwing a baby in a mudhole and let it waddle out the best way it can. To these unfortunate forsaken ones, this three cent book is sweetly encouraging, and very instructive. We don't mean to treat so serious a subject irreverently, but hope that the manner will attract the greater attention of those whose duty it is to carry the lambs in their bosom.

THE REV. CHARLES PEABODY'S narration of "Twenty years among the Colporteurs," will encourage working christians, while it will shame those who expect to reach heaven by lolling and

lounging

"On flowery beds of ease,"

and to whom the whole of religious duty seems to be in riding to church on Sunday morning in spleudid equipages, with a "love feast" following, in the shape of a Sunday dinner with choice friends, from which they arise, in the identical language we heard from the mouth of that venerated man, the Rev. James W. Alexander, "more like gorged anacondas than anything else," seeming to forget that the compliment of practical piety is not made up by large donations of money, which do not involve one single, the slightest self-denial, but that more precious gifts to the treasures of the Lord is found in individual personal efforts, requiring mental anxiety, bodily fatigue, and trying self-denial.

Come to think of it, perhaps we had better change our "line" in spite of General Grant's example, and go to writing sermons or "Health Tracts for the Soul. Wonder if it would be a more profitable investment of brain-work, bring in more money, to buy candy for our children now, alas! all in their teens; our on co little Alice, just having passed twelve, yet towering up to the heighth of five feet three, and still "going ahead," bless her little heart!

The same society have also printed "Among the Willows," or "How to be Good," by J. H. Tangille, being the history of Mary Cludge. The leading incident of this narrative having occurred at an institution of learning a few years since.

"THE AWAKENING OF ITALY," by the Rev. J. A Wylie, D.D., 12 mo. 364 pages, from personal observations during four visits to Italy, including a year's residence in that country. Every zealous friend of evangelical religion ought to get the book and read it; it is of absorbing interest.

"SISTERS AND NOT SISTERS," by Mrs. M. E. Berry, 246 pps., 12 mo. Being lessons drawn from actual scenes in single home life, best suited to our common wants, a book which might be profitably read half a dozen times to the family circle before the winter fireside.

"The young Lady of Pleasure," anonymous, without preface, 316 pp. 12mo. A series of thirty letters to young ladies, closing with "Your affectionate friend, M. Stanley." These are letters written by a lady teacher, at the request of a former pupil, who had "finished her education" in the usual meaning of the phrase, but who finds, to her surprise, that she is just entering upon the practical duties of life, and has just entered "The Practical Knowledge class," the previous classes having been theoretical, preparatory, having done little more than learning the mind one lesson, how to think. The motto on the title-page from Young, is alone, suggestive of a volume.

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"False pleasures from Moed her joys impart, Rich from within, and self-sustained the true."

This is one of the fittest works we have lately seen for a girl just leaving school.

A Doctor's Life.—There is more than money's worth in a letter like the following from a Lady, the offspring of a gratitude living in its freshness twenty years after its birth. "I am the wife of A. P. R. whom you treated for lung disease about twenty years ago, and were the means of arresting and curing a malady which we thought would carry him to an early grave. My husband is now forty-three years old, and is very healthy. (Now for the political.) He has gone through five years service in the war, on the Union side, of course, for no such clever man as Capt. A. P. R. could ever be a "Reb."

Mountain Weight.—A mountain is pretty heavy physically, and the expression is used to indicate the oppressed condition of the mind. Physicians are repeatedly consulted by persons who think they are "in a very bad way" when there is actually no physical derangement, but the trouble has arisen from a misapplication, or misapprehension of the meaning of facts and occurrences. A young gentleman writes, "I feel no anxiety now, you have lifted a most wearisome burden from my mind. I cannot tell you how strong and well I feel; time passes cheerfully and swiftly, while before, only a day of life was a dread to me, not from actual trouble, but from fear of the future.

HAIR-WASH.—The very best and most efficient hair-wash in the world is soap-suds rubbed thoroughly into the scalp with the ends of the fingers; then rinse well with pure water, and wipe dry with a towel. If this is done thoroughly, once a week, there will be found scarcely a particle of dandruff, and the hair will be soft and silken, with the appearance of having more of it; any hair-oil or pomatum whatever, is a filthiness and a hair destroyer, as they gather dust, obstruct the pores of the scalp, prevent the access of the air to the roots of the hair, and rots them.

RATS.—The odor of dead rats induces disease in a whole household, while most rat poisons are fatal to the family. If the bisulphide of carbon is poured into their holes it will drive them from the premises in twenty-four hours; the next best remedy is a rat-trap baited with toasted cheese.

Purifying Water.—A plum-sized lump of alum attached to a string and swung around a few times slowly through a pitcher of water will cause the sediment to fall to the bottom in a few minutes. The neutral sulphate of alumine will make lime-water perfectly pure, destroying at the same time all organic compounds; almost all water has lime in it.

Cookery.—The severest blow to intelligence offices is Pierre Blot, (pronounced Blow) the lecturer on cookery. The Professor is both a scholar and a gentleman; and every housewife who has an opportunity, by attending a full course of lectures, will, in spite of herself, become deeply interested in it, and will acquire an amount of practical information which will be useful for life, and which, if utilized, will save the health and money of the household.

Tobacco.—Four hundred millions of pounds of tobacco was raised in the United States during the year 1860. More than half of which was produced in the Northern States; it ruins the health of many, and is the first step towards drunkenness, in millions of cases, and not only makes water insipid, but creates a desire for something to drink, which only spirits can satisfy.

Physiognomy teaches how to know a man by his face. Just published, "New Physiognomy, or Signs of Character," 768 pages, 8vo. sent by mail for \$5.00, post-paid, by Fowler and Wells, 389 Broadway, New York. It has more than a thousand illustrations of the faces of remarkable men, and is one of the most interesting books which has lately come to our notice; it is eminently practical; it enables one to judge of human nature through the temperament, external forms, and the face; to do this well, is an important element of success in life, in every department, from the school teacher to the general; from the parent to the czar; whoever has to employ a servant, or a helper, one or a thousand, will fail or succeed according to the correctness with which he has judged of their character. It is a book suited to every parlor-table in the land, as it can be taken up with profit even if but for a moment. Faces change with the character, and employment, see Abraham Lincoln; love signs, transmitted features; hands and feet, gait, &c.

The American News Co., 121 Nassau St., New York, W. B. Zeibur, Philadelphia, Henry Taylor, Baltimore, and Morrison, Washington City, have for sale the Post-Office Directory for 1866. It contains the names of all the post-offices and post-masters names in the United States and Canada, with names of new post-offices alphabetically arranged; with rates of foreign and domestic postage; lists of money-order post-offices with table of distances by the shortest mail routes from the county seats, from Washington, revised and corrected by J. Disturnell. It is sent post-paid, for \$1.50; its value and usefulness to business and professional men is seen at a glance.

CRITICISM.—"We often think that Dr. Hall is a trifle too sticklish about small matters, and apt to magnify a molehill of hygenic neglectfulness into a mountain of trouble-making,—and in

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some matters too nearly an extremist; but if he errs, it is always on the safe side."

We do not like the above criticism, at all, because it is of no possible use to us or our readers; if the editor of the Lyons Republican will state in what we are too minute or are over particular in small matters, we will investigate and correct the fault, for that is the only advantage of criticism; if he will only specify, we promise to have some fun at his expense, and the profit of

our subscribers.

New-England Dying Out.—About three-fourths of all the children born in Boston during 1865 were of parents born in a foreign land; therefore, argues one of the papers, "the Yankee stock will in time die out in New-England." We think by that time, Yankee stock will have peopled, will be the predominant stock of this continent, from the St. Lawrence to the Gulf, and from the Atlantic to the Pacific shore. Because Yankee intelligence knows how to rear children to maturity, while foreign ignorance and filth kills, almost as soon as born, for out of every hundred children dying, eighty-eight are of foreign parentage, and this has been the rate for the last five years in New York city, where the native population is 49 per cent, and the foreign 51, or nearly equal, and it is presumed that the same proportions hold good in all our large cities. Hence if 62 per cent of all the children born in Boston are of foreign parents, and 88 per cent die, it is very easy to see they might as well not have been born at all, and a great deal "mightier," as far as the question of the foreign outstripping the Yankee stock is concerned. The fact is, neither Yankee men, nor Yankee principles, nor Yankee thrift, will ever die out, while this planet is inhabited; and if it is ever depopulated by a conflagration, the last survivor of a smouldering world will be Jonathan, at the death, singly and alone, resolutely trying to put out the fire; if by famine, the last loaf of bread will be owned by a Yankee.

ADVERTISEMENTS.—Our readers will take notice, once for all that the mere admission of an advertisement does not involve any opinion whatever in its favor. Every one must try for himself, and hold on to that which is good, but expect to be bitten sometimes.

ACCIDENTS.

Many of the so-called accidents of life by which health is irrecoverably lost, if indeed not more immediately fatal, are the legitimate result of ignorance, indifference, or thoughtlessness and which with a very little reflection might have been avoided. Nothing is more common than for girls and women to put a pin in their mouths, intending it to be but for an instant, and yet forgetting it, on a sudden impulse to laughter, it is drawn into the throat, or lungs themselves, requiring a delicate, painful and dangerous surgical operation in order to extract it. Perhaps nine persons out of ten in passing through a wood or harvest field, will take a twig or a straw and put it into their mouth, and before they are aware, it has made its way downwards causing the most distressing cough or strangulation, sometimes inducing hemorrhage or convulsions. Recently a printer in Baltimore, after a violent fit of coughing expelled a brass nail an inch long, much corroded. It had been "accidentally" swallowed two years before, and for all that length of time had been a constant source of annoyance, bleedings and ill health. There is a peculiar tendency in children to put things to their nose or ears, and especially if a little rounded, a little slip propels them into the cavity. A girl, five year old, made a motion as if to smell a little black bean; it suddenly disappeared; a surgeon was sent for and probed the nostrils, but could feel nothing. Six months later, it was blown from the nose; we saw it a few moments afterwards all shrivelled and wrinkled. Very recently a little fellow introduced a foreign body into his ear; as probing for it occasioned a great deal of pain, chloroform was used to facilitate the extraction, which failed, and at the same time the child was discovered to be dead. Children should be taught from infancy that life may be lost in ways above named, and that on no pretence whatever, for a single instant ought anything to be put into the mouth, which is not in the nature of food, and to keep hard objects away from the ears and nostrils.

Very lately a man went down into a well and was observed by his brother to dip his head forward and remain still and silent; the brother in haste went down to his assistance and was observed to make precisely the same motion, when a third brother went to his rescue with a similar result; they were all found to be dead from the suffocating gas at the bottom of the well. A bunch of straw, paper, or shavings should be thrown burning into a well before descending; if it goes out, death is there. The first brother might have been saved by throwing cold water upon him, to absorb the gases and carry more oxygen

down.

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THE FAMILY RELATION.

"He was always allowed to have his own way," was the record a few days ago, of a well-dressed young man who was found dead in the road, with a bullet hole through the back of his head. He was the only son of a wealthy widow, who furnished him with all the money he wanted, so that he might enjoy himse If; with the result that he fell into bad company, and dissipated habits, and evil associations, and was murdered on the distant shores of California for the jewelry which he had on his person; leaving his mother in all her lonliness in her New England home, to pass the remainder of her life in bitter remorse for having acted on the mistaken principle, that the best way to have a child enjoy himself, was to allow him "to have his own way." Within a day or two, a murderer who had some education, and had enjoyed the advantages of good society, made the deliberate statement under the gallows:

"And now I want to say to all these people to respect their parents. When we throw all parental authority aside we commence a course of sin. It is terrible to be disobedient to parents Sabbath breaking and lying, too, are awful things. There are many here who have children, I want to state to them that it is their great duty to God and their children to guard them well in their youth, and give them good influences to surround them; to take them more into their confidence, and make home inviting and happy to them, and talk to them more. My father was a church member, aud so was my mother; but they never gave me any advice. They went to their church every Sunday, but they left their religion at the church. They never explained to us the doctrines of the Bible. All parents should see that their children have a love for God, and they should let them know what the bible is. A great many children are running around in the streets, and they get them into the jails and that only makes them worse. We should make home happy, and a blessng for them. It is a duty that God devolves upon us. I hope God may pardon all our sins, and that he may receive my soul."

Such facts show that it is the houshold education which moulds the character, and that if the family relation was properly understood and its duties and obligations were properly met, a vast amount of crime, and destitution, and wretchedness, and premature death would be prevented, and in view of the subject the following article from the able pen of the Rev. Dr. Joel Parker of Newark, New Jersey, merits a serious and thoughtful consideration.

THE FAMILY.

BY REV. JOEL PARKER, D. D.

THE Family is a wondrous thing. What a history it has! It dates clear back to Eden. It commences with the creation of the first man. In a sense, it is all contained in him, as its germ; for the woman and the offspring are a development from the primordial form. The family is a house built by an infinitely skillful Architect. It is commenced with one living stone, and thence "groweth unto an holy temple in the Lord." Adam is "the head of the corner" a corner-stone, stretching out in one direction. The woman is developed from the man, and the two stand as two walls united by By a double birth, the twin brothers, Cain and Abel, a right-angle. become the complement of the square. There stands, in its most complete form, our human life, as the life of Christ is set forth by the four-sided revelation of the Evangelists. And yet, while there is a four-fold form in the first complete family, as indicating strength and progressiveness beyond the necessary elements, there is a threefoldness analogous to the Divine Subsistence in a primal source in the man, in a second one proceeding from him in woman, and in a procession from the first two united, in their children.

Satan's envy was first excited by beholding this faint emblem of the Holy Trinity in the three-foldness of man, woman, and offspring; and, as the arch tempter sought first to debase the image of God in the family, so we must commence a holy influence in that very spot, and first "bind the Devil on the hearth-stone." Call this philosophy, or speculation, or what you will, the family is a great institution. It is the germ of every valuable social organization—the State, the Church, the School, and the compact of combined labor.

The greatest function of the family, next to its physical subsistence, growth, and increase, which are essential to its existence, is intellectual and spiritual development. In this, all the members bear a part. Like the allegory of the body and its several lumbs and members, by Menonius Agrippa, and like St. Paul's similitude, borrowed from it, and invested with the life and perfection of inspiration, the family has a head and heart, and hands and feet, and all the various functions of a body. The family is an embryo state—a government. Its form, it is true, is peculiar. It is not a despotic empire, nor a monarchy, nor a representative republic, nor a pure democracy. It is, certainly, a patriarchal government—a divinely organized theocracy. Thus, the family has a head, as God is the head of the moral universe. As the Lord said to Moses, "I have made thee a god to Pharaoh: and Aaron thy brother shall be thy prophet"—so, in effect, the Lord has made the father a god to his family; and the wife and mother is clad in a priestly stole, like Aaron, and is made the prophet of this divinely constituted organization.

As a Church, it possesses features and arrangements analogous with those of a fully developed Christianity. The husband is in the place of Christ; his wife is in the place of the Church; and the children ought to be a holy brotherhood. The ligaments that bind them all together, are those of love. The voice of worship, of prayer, and harmonious holy song, should fill the family mansion, and impart to the community that sacred character which justified an apostle, when sending greetings to a friend, in subjoining, after making mention of individually, "And to the church which is in thy house."

The family ought to be more earnestly employed, as an organization, for securing every valuable end of social existence. It ought to be catechised in the elements of sacred truth, inspired with holy sentiments, and directed in the employment of its practical powers. To this end, a loving unity is of the very highest consequence. Nothing is more conducive to this than family worship and inspired teaching. There is a single psalm, the 133d, which is, perhaps, the most beautiful, and the sweetest bouquet in the whole Hebrew anthology. Let it be made familiar to all, as if placed in a vase in the keeping-room, and its beauty and fragrance shall fill the place. "Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard; that went down to the skirts of his garments: As the dew of Hermon, and as the dew that descended upon the mountains of Zion; for there the Lord commanded the blessing, even life for evermore." All the members of a household ought to make this beautiful lyric their own.

Then let all take part in the work of educating the family. What a beautiful, and useful, and pleasure-producing employment is it, to read in the family-circle! Let there be stated times for the exercise. Let every one select gems of thought—elegant literature, scientific truth, rare and interesting information, and bring it forward for the general good. A good article is as quickly read as a poor one. A single paragraph, of extraordinary force and beauty, is of more value than whole volumes of fair common-place reading. One scientific truth, clearly brought out, will furnish matter for useful conversation, and reflection, and profitable application, for many years to come.

Let the individual members be appointed each to seek out and present some specific needed information. Appoint each one to lecture on a given subject. Give to one, for instance, "printing," as a theme, with instructions to acquire and present to the familycircle, in a compact form, information on the whole subject, embracing the etymology of the word to print; the origin of the art—its progress—its present extent in the world—its connection with other discoveries and improvements, as paper and ink manufacture, and printing-presses, and types, stereotyping and electrotyping, and their present and prospective influence upon the world. Give to another, Africa, embracing its physical geography, and races; and languages, with commerce, and productions, and travels, and colonization, and present and prospective civilization—slavery, soil, climate, and indeed everything that can awaken an intelligent Let another prepare a lecture on chemical science; another, on the beautiful; another, on the vast; and another, on the minute. Give time for preparation by reading and inquiry. Allow months or weeks-if needs be, a year. To this lyceum work, manufacture may be added; and every member may be required to produce something distinguished for elegance or use. Let song, and utterance, and the vernacular tongue, be cultivated. Let sketches of excursions be preserved, and scraps of great value be clipped from periodical literature, and preserved. These are mere hints. Carry the purpose of improvement out in all directions. Make the family a university.

PARENTAL RESPONSIBILITY.—The father molds the head; the mother, the heart; the father appeals to the understanding; the mother, to the affections; the father prepares for time; the mother, for eternity. Happy the children who heed the wise teachings of both.

CALIFORNIA OF TO-DAY.

BY H. L. W.

You ask me to give you upon paper some of the little incidents was relating to you last night. Here is one of our California ranches, very much at your service.

You understand, cousin, that Petaluma is the central one of the three rich agricultural valleys—Napa, Petaluma, and Sonora—which are so often referred to in accounts of California. You are also familiar with the oft-repeated descriptions of their fertility and beauty; I shall not therefore expatiate upon that theme, but proceed to the little visit that interested you.

It was the noon of a warm and bright Summer's day that we drove up to the gates of General H——'s ranche, and into the vine-yard, through which a carriage-drive wound up to the dwelling. About midway this drive we were brought to a halt for a few minutes, by a picturesque and to me novel spectacle. Three large wagons intercepted the way, laden to the brim, literally overflowing with ripe grapes of the finest quality, odor and color, just gathered for the wine-press.

Several men were at work among the vines, each with a bushel-basket for the reception of the grapes when gathered. These were speedily filled with huge, luscious clusters, of the most beautiful coloring, from a transparent ruby to the most royal purple. One after another the men came up with these baskets poised upon the shoulder, and deposited them in the wagons. The last load was nearly completed when we entered. They soon drove on and made way for us.

The house was old and oddly-fashioned, but improvements were going on of additional apartments spacious and commodious. The site was very fine, standing upon elevated ground, backed by high and picturesque hills, and commanding from the veranda in front a varied and extensive prospect of many miles—hill, dale, and woodland, just flushed with the mellow tints of departing Summer; and far off to the left, just melting in the distance of enchantment, the fair blue waters of the Pacific.

I remember it well—that sweetly-tinted picture; it held my charmed eyes for some minutes while we stood upon the veranda waiting for admission. We entered to look upon pictures of a totally different character. The aspect of the room surprised me;

was I in reality on a California ranche? was this the farm-house of a wild new country?

We were in the chief apartment of the dwelling. The room seemed to me of good size and height; I could not give the dimensions in feet and inches, but it was rather large, and the walls all round from floor to ceiling were covered with costly paintings from the Old World. These, I believe, had been brought from Europe by General H——.

Pictures of every description, old family portraits, vaguely hinting at their own histories; landscapes, miniatures, and fancy pieces of all forms and sizes, richly framed, and making the old house gorgeous and glowing with beauty. The room was crowded with the costly furniture of an elegant drawing-room; there was a fine piano, and more pretty bijouterie than I could recount.

I was very much interested in Mrs. H—, who received and entertained us most courteously. She is from Hungary, a handsome and elegant woman, of medium height, and fine form, and so youthful in appearance, with her gay, vivacious manner, that it was difficult to credit that the several portraits of grown sons and half-grown daughters upon the walls were representations of her children.

She came in fresh from the pleasant occupation of preserving, and though neatly attired in a handsome French chintz, buckled

at the waist with gold, apologized for her attire.

"Why, Madame," said I, "I should suppose you had no occasion for anything better than a chintz in the country, particularly this country." To which she replied, "That at this season she found it more necessary to be dressed, on the ranche, than in San Francisco, owing to the reception of numerous visitors. Moreover," she added, with a playful grace peculiar to her manner, "there are our husbands; if we fail to make ourselves charming to them, we must not complain if we find ourselves neglected. May be," she said, laughing, "they'll be hunting up new sweet-hearts! No!" shaking her head, "that will never do!" She liked ranche-life, her occupation was constant and agreeable; it was something new She conducted us over the place, explaining and exhibiting everything that was likely to interest us; through wide and well-made walks, fringed on either hand with fruit trees or shrubbery, and plucking as she went ripe figs and clusters of purple grapes, with which she filled our hands.

We first went to the wine-cellar. A grotto of fifty feet in extent had been excavated out of the solid rock in the side of a hill. This was filled with barrels of new wine. The front part of this formed quite a large apartment. Here were the wine-presses, and two or three men were at work making and barrelling wine. A pleasant occupation enough, I should think.

From this we went to look at the lady's bath-house, which was built over a warm spring. Nature had certainly done her part towards making this place an agreeable residence, even to tempering the bath of a dainty lady. In another part of the grounds was the General's study—a small building, of one room, hidden away in a sweet seclusion beneath fine old trees, which sheltered it beneath their protecting arms from dust, rain, and sun. We did not enter this sanctum, as it was locked, but through the glass of the long French windows we looked in upon a handsomely-furnished room, fitted up like a library, shelves from floor to ceiling filled with books, upon the floor a gay carpet, a table with writing implements and papers, an easy morocco-cushioned chair; and through the glass doors on either hand charming glimpses of green foliage and flowering shrubs.

This little snuggery delighted me. To reach it, we crossed a fine brook, the sweet lulling sound of whose gurgling waters was distinctly heard here blending with the songs of the many birds overhead.

I believe I have written this very nearly as I related it to you. It is now nearly two years since I was there, and within this time the wealth and taste of the proprietors have doubtless effected great improvements.

There were several other ranches, or farms, within this valley worthy of a record, but this will suffice for this article.

JACOB'S DREAM.

In a beautiful vision of the night, which was at the same time a reality, the young wanderer, in a measure an outcast from his father's house, looked up into heaven and saw its happy angels, and voices came to him so sweetly comforting, that he was waked up from his delicious trance, and soliloquized, "Surely, the Lord is in this place, and I knew it not." He knew not the extent of his happiness until it had passed. So we all look back in memory on the scenes of childhood, and feel that they were in days of sunshine, but we "knew it not" at the time; often know it not until years numbered by tens and twenties have passed, and "gray hairs are upon" us.

RESTLESS WANDERERS.

WE are moved to pity many times in meeting with a class of men who are seeking for, they know not what. They see evil in the world and sorrow; they see oppression and degradation, and while observing them, feel the more, in that they have experiences in the same directions; tearful, bitter, almost heart-breaking experiences, it may be, and in blindness and powerlessness they are groping about wearily and painfully for a remedy.

In all these, not a single man or woman is found who does not begin by attacking the present system of received religion. Most of them persuade themselves that they believe the Bible, and readily refer to it as confirmatory of their peculiar systems, but in every case, they will only consent that the holy book shall be interpreted according to some preconceived views of their own. They are quite willing to make the Bible their arbiter, the tribunal of last resort, but then they insist that they must have the interpretation of its meaning. Yet with all this, they are dissatisfied and unhappy; there is a feeling of unrest which is devouring them, and they will talk ad infinitum to everybody, inferring from admissions of the occasional good sentiments which they avow, a more or less implied assent to their whole system, and drawing some comfort therefrom, they arrive at the conclusion that the whole world is rapidly falling into their views; and soon fanaticism assumes its sway, to hurry them to still greater extremes, until they are dashed on the rocks of suicide, of lunacy, or of perdition.

All these people look sad; they are extremely excitable; they fire up on the instant; and in all, we never fail to see a degree of bitterness towards opponents, and especially is a bitterness exhibited towards ministers, and churches, and communities, in proportion as these appear thriving, prosperous, and happy. Nor is this all; the rich are their universal anvil; on it they pound most mercilessly. With them, the selfishness of the rich is an exhaustless theme; or, if they ever come to a conclusion, it is this, that if these same rich people would commit the distribution of their property to them, the millenium would come in a very few days; and while handling the money which they never had the capacity to earn or keep, they would be the happiest people on the face of the earth, and would thence assume that everybody else was prosperous and happy too; just as a short time before, they had concluded that everybody was poor, and wretched, and miserable, because they were so themselves.

, up to morne

FIRESIDE ASSOCIATIONS.

BY ADA DAVIDSON.

GIVE us reading—with a name which is a pleasant reminder of the social circle, and all the dear delights of home; recalling purest memories of all the most precious relations in private life, the care and protection, the advice and counsel we have received from age, the love and sympathy from equals, and the interest which invests all its associations.

He who has no cherished recollections clustering round a remembered fireside, has lived an unloved life, and is destitute of one of the strongest safeguards of virtue. A nation of happy firesides possesses within itself elements of strength, which can defy the attacks of iron-ribbed navies, or leagued battalions. It is a synonyme for the "only bliss which has survived the fall."

We welcome to our homes another monthly. The supply of such periodicals creates a demand. Every new painting, taken from the easel of genius, fresh and glowing with the warm beauties of Summer, or the wierd transformations of Winter, awakes the taste for its appreciations, and kindles a desire for new and varied productions of the pencil. Every grand oratorio fills some longing in the tuned ear, unsatisfied before, and incites to new efforts in the wonderful combination of harmonious sounds.

The shelves of costly libraries groan with ponderous philosophics and learned homiletics: we need something less cumbrous and expensive for daily use and isolated hours. We need these golden sands to fill up the interstices of our daily life, making it beautiful with these sterling truths; and we appreciate the efforts of those who sift them from their granite casings, and send them pure and glittering to our firesides.

Such literature is becoming a necessity of our intellectual nature; it should be as plentiful as air, as refreshing as the common air—the generous air environing us on every side, below, around, beneath us—not elevated above us in cloud-land, but close at hand, within our dwellings, for each moment's uses, for us to breathe, to live upon, which none, however wealthy, can monopolize, because it is common. It should be as pure, as life-giving, as the common light, the sun-light, not only dancing in upper ether, from star to star, nor painting in glory the sunset, or the aristocratic mountaintop, but coming at once with its golden radiance to the level of our daily walks and common needs, greening the sod beneath our feet,

pouring its flood of blessing through the lowly casement as well as the painted oriel.

If we must eat, let our food be healthful, and not poisonous. If our thirst needs to be allayed, let us have water pure, fresh, and sparkling, from the crystal fount—not turbid, and muddy, and intoxicating. Our mental pabulum should be refined and strengthening. It is not necessary for knowledge to be valuable, that it should be written in foreign tongues, or in black letters, or enclosed in heavy lids within folio and quarto. The guinea, subdivided, is not the less pure gold, and answers more purposes in its more frequent circulation, and performs a thousand more offices of kindness than in its condensed form. Only let it be gold, sterling gold, and it cannot be too plentiful, nor gladden too many firesides.

IMMUTABLE MORALITY.

BY J. R. W. SLOANE.

"IT is impossible for God to lie." Why? Because it is directly contrary to his nature. The foundation of moral obligation is to be sought, not in the will, but in the nature of God. A thing is right or wrong, not merely because God commands or forbids it, but the right and the wrong of the thing are the reason of its injunction or inhibition. It follows, that the laws of moral obligation are as unchangeable as God-as immutable as the pillars of his throne. The principles of his moral government are the same from age to age eternally. If, in former periods, God did not pour out his judgment upon men, while in the indulgence of practices offensive to his holiness and in violation of his law, but manifested his goodness by sending them rain from heaven, and fruitful seasons, filling their hearts with joy and gladness; this was because, as the great Apostle of the Gentiles informs the Athenians, when he stood on Mars' Hill, "The times of this ignorance God winked at, but now commandeth all men everywhere to repent."

Unchanged by time, they cannot be altered or annulled by circumstances; these may "alter cases." But, whatever this trite aphorism may mean, it cannot apply to those cases into which enter principles of moral obligation. To practice idolatry, to dishonor parents, to violate the Sabbath, to murder, commit adultery, steal, lie, or blaspheme, are sins at all times, and under all circumstances, which no one can practice and be free from guilt, no matter what

the incitement, temptation, or provocation to their commission may be: these may soften the judgments of men, palliate the guilt before earthly tribunals, may be passed before the scrutinies of a merciful God, but cannot abrogate the law, or remove the solid foundations upon which an immutable morality rests.

By the moral law of God, man is bound as an individual, a member of the family, the church, and the commonwealth, wherever great interests are discussed or transacted—in the editorial chair, at the bar, in the pulpit, on the platform, in the legislative halls of the nation, on its benches of justice, in its cabinet counsels, at the head of its armies—in short, wherever he does or can act as a moral or accountable being; for their violation, he cannot plead the will of a superior, whether that of a single individual or a multitude, but must say, "The Lord our God will we obey, and him only will we serve." No pressure of circumstances, or sanction of law, by way of reward or penalty, can be plead-"Whether it is better to obey God or man, judge ye." As well may yon twinkling star expect to break away from the law that binds it to its orbit, and wander at will throughout the Universe, as for man to suppose that he can in any way divest himself of his moral accountability, and place himself outside of the sphere of moral obligation.

These laws, also—a truth which we are too prone to forget—bind nationalities as well as individuals. Nations, it is true, have no souls; but those who compose them, have. Politicians may divest themselves of conscience—the soul remains, and they will be held to a rigid account as individuals for the manner in which they have discharged their duty, and wielded this influence and power, which, for wise and great purposes and ends, God has committed to them; and in addition to this, if nations will affront his Throne, and defy his power, as nations they must suffer the penalty of his violated and outraged law.

If for them there is no *future*, there are tremendous temporal punishments, as is plainly written upon almost every page of his Word and his Providence. In his hand is a cup of red wine, which he commends to their guilty lips, and thunderbolts of wasting and consuming vengeance, which, as Horace says, by their crimes, they will not permit him to lay aside—a truth confirmed by the ruins of mighty empires which were, but are not; by the desolations of lands once populous, powerful, and prosperous, which for sins of those who dwelt therein, have been turned into barrenness.

France revoked the Edict of Nantes, shed the blood of the saints like water, upon the bloody day of St. Bartholomew, memorable in

the annals of the Church and the world; and but a few years had come and gone, until she had blood to drink, for she was worthy—wasted by wars, and weeping for the best and bravest of her children, whose bleaching bones whitened every plain of Europe, from the Seine to the Volga.

Polona fell, not, it is true, unwept, nor yet, we fear, without a crime, but by injustice the most foul and atrocious that stains the pages of modern history. On the bloody battle fields of the Crimea, and before the frowning battlements of Sebastopol, a righteous God inflicted disgrace and punishment upon the proudest of her spoilers.

How often, too, does the punishment tread upon the very heels of crime. The sorrowful wail of crushed and down-trodden Hungary has scarcely died away. This very morning, the news that war is inevitable is flashed along the wires. The mightiest nations of Europe are about to "let slip the dogs of war" upon perfidious Austria, on the world's past and future battle fields—the plains of Italy. She must drink the cup of trembling to the very dregs, which, through long ages of inflicted oppression and wrong, she has been filling, and which has been made finally to overflow, by the crimes of the present reigning dynasty, the perjured house of Hapsburg. In these and other similar and equally remarkable Providences, which we might trace, did time permit, shall we not hear the voice of God himself from the high Imperial Throne of the Universe, saying, "Be wise now, therefore, O ye kings, be instructed, ye judges of the earth—kiss the Son, lest he be angry, and ye perish from the way when his wrath is kindled but a little: till heaven and earth pass away, one jot or one tittle shall in no wise pass from the law till all be fulfilled."

May the words which form the caption of this article arrest the attention of every one whose eye may chance to fall upon them, as they did that of the writer long years ago, when turning the pages of a work more learned, perhaps, and profound, but in all probability not more useful, than the "Fireside Monthly." May they take it with them as a motto through life; and may our rulers be warned by the example of other nations in the past and the present, and remember, that for nations there is only a future of desolation and ruin, unless they practice upon the principles of an "Immutable Morality," and incorporate them into the constitution and free administration of government.

ANECDOTE OF THOMAS PAINE.

In 1802, I boarded at the same house, and ate at the same table, with Thomas Paine. From his dissipated habits, slovenly apparel, and filthy person, he was shunned by all the superfine-coat infidels in town and country. He boarded in the house of William Carver, a journeyman blacksmith; his chief companions were journeymen mechanics. Generally, twelve or fifteen assembled in his room every evening; to them he preached the cold and cheerless doctrines of infidelity. Many of them left the church, spent their wages in grog-cellars, became drunkards, died beggars, while their widows and orphans slept in almshouses.

One evening, I entered his room and sat down; he was accusing the Bible and its friends, as being the cause of all the bloodshed and mischief in the world, since the days of Noah's flood. He ceased, Said I: "Mr. Paine, you have been in France, Spain, Rome, Ireland. You find no bibles there: granted. There, the common people are ignorant and brutish, live in hovels, like beasts that perish: granted. You have been in Scotland, where every house and cottage has its half a dozen bibles." "Its true," said he, "and they are the most superstitious bigots in the world." Now, says I, "Mr. Paine, if the bible was a bad book, those who use it most would be the worst members of society; but, as it regards Scotchmen, the reverse is the fact. Yesterday's journal contained a list of the inmates of the State-prison, Penitentiary, and Almshouse, with the name of the countries whence they came, and excepting four Englishmen, they were all from countries, where they never saw the bible; but there was not a Scotchman, woman or child, among them."

At this moment the clock struck ten, he lifted a candle from the table, and without speaking, went up to bed, leaving his friends and myself to draw our own conclusions.

Grant Thorsurn.

In a private note, our venerable correspondent, in his eighty-seventh year, said, that he and Paine boarded with Carver and his wife, both of whom, with Paine, were from the same town in England. "We used to sit by Carver's fire of nights, while I heard them live their lives over again; thus, I learned his life from the cradle, till I followed him to his grave, in 1809."

THAT able scholar and gifted divine, W. A. Scott, D.D., some time ago has issued another 12mo., of 353 pp., through his publishers, H. H. Bancroft & Co., of San Francisco. The mechanical getting up, both as to type and paper, would be creditable to New York, while the subject matter, and the mode of handling it, are well worthy of high praise. We knew Dr. Scott to be a Bible preacher, many years ago, in the Crescent City, and it was to that he owed his power over the people, his crowded houses, and his extended fame; hence, it is no wonder that, in his writings, the Bible and its illustration and exposition are his Alpha and Omega, the beginning and the end and the middle of every book, as their titles indicate: 1. Daniel, a Model for Young Men; 2nd. The Wedge of Gold; or, Achan in El Dorado; 3rd. Trade and Letters: their Journeyings Round the World; 4th. The Giant Judge; or, Samson, the Hebrew Hercules; and this last, Esther, the Hebrew Queen, the introduction to which ought to be made a tract of, and scattered by millions on the wings of every wind, throwing out, as it does, deep thoughts to clergymen, to mothers and daughters, to the Press, and to Christians of every name, as also to errorists, fanatics, and rationalists, in that all should take the whole Bible as their guide, looking for no new or other revelations, neither by vision, nor voices, nor dreams, nor angels, nor spirits, nor internal illumination, neither to add to, nor even explain the Bible. He is more and more convinced, that one great cause of the modern growth of fanaticism and infidelity, is to be found in the departure of so many teachers from the custom of reading and expounding the Word of God. That it is worthy of serious consideration, whether there is not, and to what extent in our day, in the topical, metaphysical preaching of many, and in not a few of our popular tracts and treatises on practical and experimental religion, theological essays, religious essays, and pious novels, which are worse than the pious frauds of the dark ages, a dangerous tendency to draw away the public mind from the Book of God-whether the frequent religious meetings, the cramming of the Lord's Day, and the tendency of the popular religious literature of our time, is not towards a substituting of tracts, and books, and newspapers, about religion, for the Book of There is no hand-book for revivals like the inspired history of remarkable Bible conversions. For family reading and catechising on the afternoon on the Lord's Day, the hot-house system, now so much in vogue, is a poor substitute. For the family, and the place of business, the church, and the world, there can be no substitute for the Bible; it is our only hope. And much more of the same sort has the learned divine written in his last book, which, no doubt, will be placed on sale with the Carter, Brothers, of New York, at one dollar. We wish we had room for further quotations from a book which is significantly dedicated to mothers and daughters, because "They who rock the cradle rule the world."

In the preceding pages articles are found which have been written by different individuals, bearing more or less distinctly on the family relation, and the teachings which ought to be given therein in order to educate the child away from the influence of wrong desires, and inclinations, and passions, and lead him to the adoption of principles, and practices, and habits which are calculated to fit him for the performance of the highest duties which belong to a useful citizen; and also to implant in his mind an inflexible and just religious sentiment to shield him against temptation to wrong doing, and to those vicious practices which lead to a premature grave

The unhappiness of those whose religious training has been neglected, is a strong argument for every parent to implant into the mind of the child some fixed religious sentiment as a means of prevention from falling into a misanthoropical state of mind, ending in a disabelief of all religion, and finally sinking into the grave an outcast from society, as was the case of Thomas Paine. Reference has also been made to the kinds of books and periodicals which are best adapted to family training; and something, too, of the duties and the capabilities and influences which the wife may have in the household; and it would be well if every married lady reader should lay these pages down, more resolved than ever, to follow the example of the Hungarian wife, by endeavouring to make home attractive; not only in the examples to be set before the children, but in the conduct before the hus. band, in one point, in which there is a general want of attention in half the houses in the land,—a point to which the newly married should begin to give attention as a first and indispensable duty; and that is, the wisdom on the part of the wife of making a habitual effort to secure the affection and respect of her husband, in those attentions to her personal appearance, to which Madam H. evidently attached a high importance. Be assured, that a wife never gains, but always loses, in the estimation of her husband, when she allows herself to fall into the too common mistake of supposing that her inattentions to her dress and personal appearance in the presence of her family are not observed with silent disappointment and disapproval. A dowdy wife, with frowsly hair and slatterly dress, lolling in her chair reading

a novel, or who comes creeping into the breakfast room, not more than half awake when the remainder of the family are nearly ready to leave the table, and drawls out some apology that she was never used to getting up early; such women are a disgrace to themselves and the mothers who bore them and can not be either loved or respected, even were they angels else. A slovenly wife isn't fit even for a drudge, for the lowest servant in the household ought to be tidy. These novel-reading wives who dress only for company or for the street, and not from an innate love for all that is pure, and tasteful, and refined, are a curse to families and to society in general. They perpetuate their delinquencies to generations after them, and they are they whose sons grow up for the gallows or the penitentiaries, and whose memories are execrated, as in the remarkable example which begins this article. But let not fathers lose sight of their responsibilities and duties; that they are the special head of the family, and that not only their example but their daily teachings should be such as will be calculated to impress the minds of their children with a love and an admiration for all that is just and generous and elevating in practice, as well as in theory; in conduct as well as in sentiment.

And let the reader compare the life services of the thief and murderer whose latest breath was expeuded in bitter reproof of the parents who never gave him any religious instruction, with the beautiful life and ending of one whose praises follow and who, from earliest years was brought up in the nurture and admonition of the Bible truths which, if heeded, not only give the "promise of the life that now is, and that which is to come," but give assurence of that wisdom of which it has been said that "Length of days is in her right hand, and in her left hand, riches and honor;" in other words, health and happiness for a long life-time.

JAMES W. ALEXANDER, D.D.

BY CHARLES HODGE, D. D.

HE never occupied a post which he did not adorn, and may well be pronounced "blessed." He died in the full maturity of his years, and at the culminating point of his usefulness, leaving behind him no superior, and few, if any, equals in the sphere in which God had called him to act. His health recently becoming feeble he repaired to the mountains of his native State. Every thing promised a speedy recovery, but an acute disease (dysentery) prevailing in that vicinity, soon disappointed all our hopes. Early on Sabbath morning last, just before the sun began to throw his radiance over the land, he heard the Saviour say, "Come, ye blessed of my Father," &c.

When such men die, we are tempted almost to despair. It seems impossible that their place should be filled, or that we could ever do without them. Dr. Alexander united excellencies and gifts rarely found in one person-great intellect, refinement of taste, musical ear, &c. There was no more accomplished scholar. He was familiar with the Latin, Greek, and Hebrew, the French, German, Spanish and Italian languages—was more like Macaulay in the fullness of his style than any living writer. Many of his works are like strings of pearls—each a separate gem, yet bound to each other by an invisible thread. He once said that the only trouble he found in writing, was in turning the leaves of his manuscript. He was an erudite theologian, well acquainted with Christian doctrine in all its phases. These, however, were accomplishments; underneath these adornments was the man, and the Christian—" an Israelite indeed in whom there was no guile." Perhaps there is no man living more free from malice, from envy, from ill-will, and so abounding in things true and just and lovely and of good report. He was preëminently a devout man, fearing God, and full of the Holy Ghost.

Remarkable vivacity and versatility characterized his preaching. He preached Christ in a manner almost peculiar. He endeavored to turn men from themselves, and persuade them to accept a salvation wrought out for them. He was eminently successful not only in the conversion of sinners, but in guiding inquirers, and leading the people of God to higher attainments in piety. But the great charm of his preaching was his power over the religious affections; calling up joy, gratitude and love. His prayers were all real acts of adoration, thanksgiving and supplication. All his services were

truly seasons of devotion, and inspired the very highest form of enjoyment ever vouchsafed to man on earth.

The man who can raise our hearts and bring us into communion with our Saviour, we cannot but reverence and love. It is a power which attracts all eyes, wins all hearts, and offends no one. Not any one thing, but the combination of all these, made not the first orator, but the first pastor in the land. To sit under his ministrations year after year, was a privilege to be coveted.

He was a man of great sorrow. When he entered Heaven, angels might say, "This is one that has come out of great tribulation, who has washed his robes and made them white in the blood of the Lamb." No man can fill his place. He was blessed with pious ancestors, but how supremely blessed now, since he has finished his course, having kept the faith, and received the crown.

In view of such a life and such a death, all the distinctions of earth sink into insignificance. Who would not rather be such a minister and such a servant of God, than the greatest warrior and conqueror the world ever knew? The great lesson taught by such a life and such a death is, that Christ is the Alpha and the Omega, the beginning and the end, the first and the last. He will say eventually to all his believing people, "Come, ye beloved."

THE HUMAN TEETH.

BY PROFESSOR JOHN ALLEN

Many suppose that the human teeth did not formerly decay as in the present age, and that the dental art is of recent origin; but, in looking over the history of dental surgery, we trace it back more than four hundred years before Christ.

Hippocrates and Herodotus were among the Greek writers upon this subject. And from among the Romans, we have also the writings of Pliny, Martial, Horace, Celsus, and others, which reflect much light upon this branch of surgery; and although as a science it was then in a rude state, yet there were those who devoted their exclusive attention to the teeth at that time. Good gold fillings have recently been found in the teeth of mummies, which must have been inserted more than two thousand years ago.

Hippocrates informs us, that the loss of the natural teeth was supplied with that of artificial, made of bone or ivory, secured in the mouth by means of ligatures (made of flax, silk, gold or silver

wire), tied to other remaining teeth in the mouth. Human teeth were also used and fastened in a similar manner. About one hundred and fifty years after Christ, Galen wrote a much better work upon this subject than any of his predecessors, yet very little advancement had been made during the previous five hundred years.

During the next fourteen hundred years, various authors wrote upon this subject, among whom were Ætius, Phazes, Albucasis, Vesalius, Eustachius, and others, whose writings set forth nearly the same modes of practice, as those adopted by the Greeks and Romans.

In fifteen hundred and seventy-nine, Pakie, a celebrated French surgeon, wrote a very correct essay upon the teeth. He enjoyed a great medical reputation, and was appointed surgeon in ordinary to Henry II., which office he held under three succeeding kings.

His cure for the toothache was to thrust a hot wire into the roots, or make an application of the oil of vitriol. He also taught the doctrine of transplanting teeth, which was done by extracting sound teeth from the mouth of one person, and inserting them in that of another of higher rank, whose teeth were decayed or uncomely. In this operation, the decayed teeth are first extracted; immediately after which the sound teeth are removed (generally from the mouth of a servant), and inserted while warm and fresh into the sockets just vacated for their reception. If this operation is well performed, under favorable circumstances the teeth and sockets in a few weeks become united and remain firm for many years. But this method has now become obsolete, and also that of tying artificial teeth with strings or wire.

Artificial teeth made of bone or ivory, were objectionable on account of their unnatural appearance, their liability to rapid decay in the mouth, and consequent tendency to become offensive. These objections led to the introduction of porcelain or incorruptible teeth, which were first conceived by Duchateau in seventeen hundred and seventy four, but not being a dentist, he was unable to carry out his theory practically, although he made some specimens that were capable of being worn, for which the Academy of Medicine of France granted him the honor of a seat. M. de Chemant, a practical dentist then in Paris, took up the idea where Duchateau had left it, and finally succeeded so well that he obtained a patent some twelve years after from Louis Sixteenth.

Other French dentists have also contributed much to the development of this important feature in dental practice. But to the Americans, is accorded the honor of having attained the highest degree of perfection in this branch of dentistry.

The usual mode by which porcelain teeth are now manufactured consists in combining certain mineral substances, such as quartz, feldspar, Kaolin clay, &c., in due proportions, which are ground, mixed, and rendered plastic by the addition of water, then moulded or carved to represent the teeth, and solidified in a furnace with intense heat.

The different tints and colors are produced by the use of metallic oxides; teeth are made without representing the gums and many are tipped with gum color upon each tooth. Two or more teeth are sometimes connected; these are called block teeth; metallic plates are usually employed as a base upon which the teeth are set. They are formed of gold, platinum, paladium, silver and (recently) aluminum, and sometimes a compound of metals; vulcanized rubber and gutta percha have also been used of late, for temporary work, the practical result of which remains to be seen.

Of all the various methods which have been employed for the construction of artificial dentures, that which combines the greatest advantages, and approximates the nearest to Nature, will command the largest share of public favor; it should display teeth of a perfectly natural form, tone, and truthful expression, embellished with an artificial gum, without seam or crevice, securing perfect cleanliness, exhibiting the roof and ruga of the mouth with all the delicate shades and tints peculiar to those of Nature, every tooth seeming to have grown out of the natural gum. By this method, the natural form and expression of the mouth and face can be restored, by raising the sunken muscles and sustaining them in their natural position, thus producing symmetry of form in the waning cheek and youthfulness of look.

The attention of the reader is invited to the above article on the teeth by a gentleman who is an honor to the Dental Profession. Those who are advanced in life and whose teeth are defective, may feel assured that artificial teeth can be so adjusted for practical purposes as to perform well the offices of the natural tooth in mastication, and this is specially important as a means of preparing the food for the more easy operation of the fluids which are provided for converting the food into ailment for the body; for the want of a proper and sufficient mastication has laid the foundation to multitudes of a life of suffering and invalidism.

NOTES AND NOTICES.

ONE of the most concise, comprehensive, truthful and practical articles we have ever read on the subject of Cholera, is found in the Boston Watchman and Reflector for September 27, 1866; the name of the author, or its source, ought to have been announced. The main positions are directly contrary to present received or fashionable opinions, and are almost in verbal accordance with the points insisted upon in the pages of this journal for the last twelve years, among these are,

First. Quarantine is worse than useless, for it not only does not prevent the disease from visiting a point but diverts energies in a wrong direction, which if properly expended would

have removed the causes which generate the malady.

SECOND. Cholera is not "catching," is not in any way communicated by one person to another, but arises in each individual from causes within himself, or belong to the locality in which

THIRD. Intercommunication is not the law of the spread of Cholera, in that in multitudes of cases, it has overleaped localities in the direct line of travel, by a hundred miles or more, and at the end of weeks or months, has attacked the place which it had passed over.

FOURTH. That there are two causes of Cholera, a remote and an immediate, and both must be present at the same time, or the

epidemic cannot exist.

FIFTH. That the remote cause is an influence about which we are as yet ignorant; that the immediate cause, that which excites the attack in every case is either personal or local.

SIXTH. The personal causes of an attack of Asiatic Cholera are over-eating, over-heating, over-working, apprehension, and

such like.

SEVENTH. Local cause is uncleanliness, such as is connected

with decaying substances, animal or vegetable, or both.

EIGHTH. That while we have no control over the remote causes, we do have an almost perfect control over the immediate; in that the personal causes are easily avoided, and the local can be removed or counteracted.

NINTH. That the whole subject is embraced in less than a dozen words; personal temperance, domiciliary cleanliness, bodily

quiet and warmth in a bed.

Tenth. The immediate causes of Cholera are brought into operation by warmth and moisture acting on vegetable and animal dead substances, as evidenced by a fact of universal observation, that whenever a number of persons are attacked, it is always in a locality which is low, flat, damp and dirty.

ELEVENTH. The symptoms of an attack of Cholera in cholera

times are forcible, large, watery, dirty, whitish colored passages from the bowels.

TWELFTH. The treatment—perfect quiet and warmth in bed, eat only ice if thirsty, and send for a physician.

Messrs. Broughton and Wyman, No. 13 Bible House, New York, the efficient agents of the "American Tract Society," 28 Cornhill, Boston, Mass., have sent for notice "The Little Gold Keys," by Mrs, J. P. Ballard, 151 pp., encouraging the young to use means for the more instructive reading of the Bible, the oldest and the most precious of all books, being "the way, the Truth and the Life," to all who love to read, and study, and pray over it. Reader! are you one of these favored ones? then ought you to be "ever thankful." "The story of Zadoc Hull," 187 pp. It is a deeply engrossing story in connection with the war, and those who have lost children in the great strife, cannot fail to read and profit by it, as it helps to reconcile the ways of Providence to man, and does it so sweetly, too. "Recollections of Mary Lyons," with selections from her instructions to her pupils in Mt. Holyoke Female Seminary, by Fidelia Fisk, 333 pp., 12mo. "The Thirty-eight Selected Sayings to Teachers and some forty others for Pupils," are so full of wisdom, so obviously true, so widely suggestive, that we could wish the entire volume could be placed in the hands of every teacher and of every young girl in our land; it is a book full of practical Bible piety, and no Christian heart could fail to feed upon its contents; it merits a very wide circulation.

"Frank's Search for Sea Shells," by the author of "Rambles after Land Shells," 352 pp.; it is emphatically a book for all ages from six to sixty, as it leads the mind from the contemplation of nature to nature's God, and makes upon it an indelible impression of the wisdom and benevolence of Him who made all worlds, and that his kind eye and individual notice rest upon all that has been created, to sustain, to care for and preserve, from the inert atom to the winged Arch-Angel, and as a man is what the books he reads makes him, they are wise for both worlds whose selections are from publications of this class which instruct the mind, mature the affections, and elevate and sanctify

the whole character.

"The Two Ways," by Catherine Bell, 64 pp., an instructive narrative for children, showing the immeasurable distance both for this world and that which is to come, between the destruction of him who walks in the hard way of the transg ressor and of him who walks in the way of that wisdom which insures pleasantness and peace, a peace which the world can never give nor ever take away.

"Pictures and Lessons for Little Readers," 96 pp., contains a

picture for every page, illustrating some useful, practical truths; a good present for good children.

The August No. of the Social Science Review, enlarged edition, monthly, \$4 a year in advance—published at 84 Nassau St., N. Y., postage free, contains an admirable engraving of Herbert Spencer, and a sketch of his character. Also, Should taxation be compulsory?—The congregate system of Judicial Reformation.—Crime and Punishment.—What is Free Trade? Ladies' Financial Economy.—All written with ability, and are papers of sterling worth, meriting the patronage of educated men of all classes and parties.

One great and everlasting truth has been ineffaceably impressed on the public mind by the Press and by the hard logic of facts, in a manner never so thoroughly done before in all past history. It is this: That an atmosphere arising from filth of person, house and neighborhood is the prolific cause of cholera, in cholera times; and that the removal of it is the certain means of the immediate arrest of the spread of the disease. It

is a practical lesson of incalculatable value.

Southern. — We long for the time when the streets of New York shall show the familiar faces of Southern men and women; the men the embodiment of all that was cordial, generous, and high minded; the women, beautiful, lovely and queenly, inwhose tones of voice there was a sweetness, a warmth, a music, which at once won a high appreciation; there has been a dreadful war, but their natures are the same, and we believe that the individual feelings of persons to each other, North and South, have not changed. We do not think that there is a single man or woman, North, who, on meeting an old Southern acquaintance on Broadway, would not jump with delight to offer and receive the extended hand; and that both parties would overwhelm each other with kind inquiries of the olden time; the more cordial and affectionate for the long interim of darkness and This being so, we invite the patronage of the North to the sustenation of Southern publications, whose object is the promotion of learning and the spread of religious truth. Among others we name the Medical Monthly of Richmond, Virginia; the Southern Review, of New Orleans, and especially the Religious Weeklies; — The Baptist, published at Mount Lebanon, Louisiana, is just as good as it was before the War; and so is The Southern Presbyterian, of Columbia, S. C. The Presbyterian Review is conducted with ability and ought to be sustained.

The Christian Advocate of Nashville, Tennessee, is one of the largest and best of the Methodist papers, and is full of val-

uable family reading.

best mode of reconstruction is for the North to hold out a helping sympathising hand, by being ready in every way to aid in the promotion of education, art, and religious truth. We really believe that within five years, "THE SOUTH" will be the most flourishing and prosperous country on the face of the globe.— Being Southern born and bred, we are not ashamed of our relationship, nor of the impartial record of the war. They are a brave people and a christian people, as they always were, as to the great body of them, and will one day show themselves capable of 'greater things than these.' In the great "Conflict" which is past, we never, for the thousandth part of a second, doubted of victory for the North, neither had we an atom of sympathy for the idea the South was fighting for, but we have a sympathy and an attachment for the people and for their country, which time nor circumstance can ever eradicate.

"The cause of Cholera cannot ascend any great height perpendicularly, nor affect persons living in the second or third

stories of any good residence."

The above statement is designated as a "singular" one; we have been insisting on the main idea for a dozen years in these pages, embodying it in the statement that there is exemption from cholera, in cholera times, and in cholera localities, in proportion to the elevation at which persons lived above the general surface; and gave as proof, the observations made by a London Sanitary Board ten years ago; - and also that the immediate cause of cholera, which is that which arises from vegetable decay in warm weather, cannot ascend perpendicular elevations, as rocks or wells; and that the Eastern nations acted on this idea hundreds of years ago during plagues and epidemics, by living in the upper stories of buildings; not even going down to obtain family supplies, but drawing them up from the streets in baskets, supplied by the country people who come to town in the middle of the day when the miasmatic influences are not present to any special hurtful extent, it being worst at sunrise and sunset.

So we are beginning to know almost as much as they

did in the dark ages.

Young children who live in cities during the hot weather would be almost exempted from Summer diseases if they lived wholly in elevated, good buildings, and were regularly and properly fed.

PICKLES.

THERE is a general impression that Pickles are extremely unhealthful; the truth is, they are more easily digested than any other codiment, as they are a pleasant medium of conveying an acid into the system; that is, cider vinegar, which chemical experiment shows is more nearly allied in its action on the food, to that of the gastric juice, than any other known liquid. Kole Slaw, made by pouring vinegar on crisp, raw cabbage cut up very fine, is digested in about one hour, which is as soon as any other food; while boiled cabbage requires five hours, as also roasted pork. In the Spring of the year when the system becomes feverish and bilious and the blood is thick and impure there is a craving for salads and greens and lettuce, all being used with vinegar; and wise Nature, always watchful and kind, invites the taking of acids by the delicious combination with fruits and berries and tomatoes, as a means of "cooling" the system, which is the result of a more active seperation of the bile from the blood, which scientific experimenters of Paris have ascertained is done through the influence which acids have on the liver, in increasing its activity. Thus it is easy to see that pickles well prepared, with pure cider vinegar, kept in glass jars, hard, green and crisp, not only fully meet the tastes and instincts, but actually promote the heathfulness of the body. Delicate persons and dyspeptics may avoid swallowing the more solid portions of the pickle. To insure that the pickles shall be made free from the poisoning properties of brass and copper vessels, and of the equally destructive ingredients which are used to give them a fresh, green color, that excellent paper, the Baltimore Weekly Commercial, gives as original in its columns the following explicit instructions for making pickles:

PICKLED CUCUMBERS.— Keep the cucumbers in a strong brine for nine days or more; then wash and put them in a bell-metal skillet with lumps of alum through them; cover with vinegar and water. Put on the top to keep in the steam, and place the vessel near the fire that they may become hot, but not so as to boil. When they are a good green put them in glass jars with layers of any spices you may fancy. Fill up the jars with scalding vinegar.

PICKLED ONIONS.— Put the onions in a strong brine for five or six days; then simmer them in equal parts of milk and water; do not let them boil; then take off the fire and dash into very cold water to make them crisp. Place in a jar with alternate layers of such spices as suit; then pour on boiled white wine vinegar.

For mixed pickles: Take three dozen large cucumbers sliced; half a peck green tomatoes sliced; half a peck onions peeled and quartered; four large green peppers cut up; one pint small red and green peppers; sprinkle a pint of salt on them. Let them stand over night draining, then add one oz. white pepper; one oz. mace; one oz. white mustard seed; half an oz. cloves; half an oz. clery seed; one oz. tumeric; three table spoonfuls of table mustard; two lbs. sugar; one piece horse-radish. Cover them with the best vinegar and boil all together for half an hour.

For Pepper Sauce.—Cut the cabbage very fine and salt it to the taste; cut the peppers and onions in thin strips . Take two parts of the cabbage, 1 part onions, and 1 part peppers; season all well, as desired, and cover with boiling vinegar, which may be renewed during the season. A Jerseyman says, - The best and surest way of keeping pickles hard and good, is to wash the cucumbers as soon as gathered, and put a layer of fine salt in the bottom of your barrel, and then a layer of cucumbers; then salt again, and so on until the season is over. The water on the cucumbers by washing, is sufficient to make all the brine they need. Keep them covered, and a weight on the cover to keep them closely packed,-Mine keep in that way three years. When wanted for table use, take them out of the brine, put them in a brass kettle, cover with cold water, and let them stand two or three days; until as green as you would like to have them; then put one teaspoonful of alum and one of saltpetre in the water, and scald in that first water; let them cool in it; then add fresh water more alum and saltpetre, and scald again; change the water and scald three times, adding alum and saltpetre'each time. Cut one of the largest-taste of the inside-if fresh enough drain them, and put in jars. Use the best cider vinegar; spice and pepper to suit your taste Change your vinegar when necessary, and keep from the air.

COURTING.

In the old world marriage is a matter of convenience, or an out and out business transaction; and family is bartered for funds, or an improvement in the pecuniary affairs of both parties is aimed at. In our own country it is literally a "love affair," without rhyme or reason, sense or system;—it is a blissful, mutual absorbtion of two hearts into one—for awhile any how. Perhaps if it were made a matter of Hygiene there would be eventually a greater amount of happiness and solid prosperity in any community. A sickly wife has many a time blasted the ambition of an industrious and enterprising young man whose aim was to rise in his business and become one of the leading men of his calling.

But in the very first year sickness came, the young wife could not attend to her domestic affairs; the servants became remiss, indifferent and wasteful; the physician was called in; the husband himself was obliged to remain at the house and the same derangement of his own affairs took place, and every where there was waste and expenditure and loss of business and custom.—Discouragement came, until finally all that was hoped for was to

live from one day to another.

At other times the husband became the invalid; the support of the family is thrown upon the wife and the mother; and how many of them have worked themselves into a premature grave or

into a lunatic asylum, it is painful te contemplate.

No sickly person can honorably marry another in good health without previously making a fair statement of the case. And even then if a marriage takes place a crime has been committed against the community and against unborn innocents. But when both the parties are "sickly" it is wholly inexcusable, and ought to be frowned upon by every intelligent community, however satisfactory the pecuniary condition of the parties. They may be able to support themselves but they can give no guarantee that their children, diseased in body and feeble in mind, shall not be a public charge at the hospital, the poor-house or an insane-asylum. The best general plan for ensuring a healthy and vigorous offspring is to make an antipodal marriage; - to make as much of a cross in the physical characteristics as possible. The city should marry the country; the black-haired the blond; the bilious temperament the nervous; the fair-skinned the brunette; the stout the slender; the tall the short. To marry each its like, is to degrade the race.

PURE AIR.

A beneficent providence has arranged that while the air we breathe gives us life by purifying the blood and imparting vital heat, its unfitness for these purposes is instantly determined by such disagreeable impressions on the senses, that we instinctively cease breathing, or hasten from the contaminated spot. Then again, from her bountiful stores, nature has provided substances which purify filthy localities and remove the nauscous Some of these substances destroy the disagreeable odors but do not arrest decay, hence those odors would return constantly, as long as any of the substance remained which was the source of the evil. Chlorine removes a bad smell from putrid meat, but it will return in a few hours. A London Chemist has ascertained the fact that if a piece of fresh meat is coated with a substance distilled from coal and mixed with sulphurous acid, called carbolic acid, it will prevent the meat from decaying, and that such meat after being kept two or three months, is, if cooked, as sweet and fresh as meat just purchased from the butcher's stand; hence chlorine, deodorizes, that is only takes away the bad smell for the present, but decay still goes on. Carbolic acid not only destroys the odor but prevents decay, arrests it, and thus is a deodorizer and disinfectant combined; it takes from a substance its polluting character, its power to make sick, to communicate disease. If further and more careful investigations and experiments confirm the statements made by Mr. Orooks he is justly entitled to be named among the benefactors of the age. The practical lesson to be impressed on the mind by these statements is, that a deodorizer does no more than take away the ill odor of substance or locality, temporally; a disinfectant not only destroys that odor but prevents its return, by changing that condition of the substance from which the odor came, in a manner which does not allow the process to go on which gave rise to the odor. A disinfectant also takes from a thing its power to cause disease. A contagious disease is that which is caused by actual contact, and cannot be communicated in any other way, as glanders in horses, and syphilis in men; infection is that which may be communicated by touching or handling the clothing as itch, plague, measles, small pox; the air of a room in which these diseases are can communicate the disease, hence that air is infectious, that is, makes into, fixes, implants, thrusts into the body, the disease with which it is loaded. A real disinfectant deprives the air and the clothing of that power. It seems that carbolic acid is the most perfect deodorizer and disinfectant yet made known to man.

IMMORTALITY'S DAWN.

ONE of the most impressive delineators ever listened to, was the Rev. David Nelson, M. D., while sitting under his ministry in our school-boy days. He had occasion to attempt a solution of the cause of the ineffable radiance that sometimes lights up the face of the dying christian after the power of speech has been lost. The illustration was afterwards repeated in his re-

markable book on the "Cause and Cure of Infidelity."

The passage of the christian from the mortal to the immortal state, is like descending into a ditch, crossing the bottom, and climbing up on the other side; and just as he rises to the top the veil of eternity is gradually drawn aside, when he has his first view of the immortal state. It is then that the effulgent glories of the heavenly world so entrance his vision that he is wakened up to the new life before the old one is laid aside; and the sight so resplendent, impresses on the physical features some of the glories seen on Moses's face after he had been with Divinity; repeated again on the Mount of Transfiguration, when after communion with the Holy One, the Master's face "did shine as the snn." Even "his raiment became shining, exceeding white as snow, so as no fuller on earth can white them." In speaking of this "great mystery" a nameless writer says, "No one who passes the charmed boundery comes back to tell. The imagination visits the realms of shadows, sent out from some window in the soul, but wings its way back, with only an olive leaf in its beak, as a token of emerging life beyond the closely bending horizon. The great sun comes and goes in the heavens, yet breathes no secret of the etherial wilderness; the crescent moon cleaves her nightly passage across the upper deep, but tosses over-board no signals. The sentinel stars challenge each other as they make their nightly rounds, but we catch no syllable of the countersign which gives passage into the heavenly camp. Between this and the other life is a great gulf fixed, across which neither eye nor foot can trace. The gentle friend whose eye we closed in the last sleep long years ago, died with rapture in her wonder-stricken eyes, a smile of ineffable joy on her lips, and hands folded over a triumphant heart; but she spoke no word, and intimated nothing of the vision which enthralled her."

Now and then, once in a generation it may be, one is permitted to return to life after having a glimpse of the other side. But their lips seem sealed, as if the subject was too holy for human converse. Whatever of sight was seen or sound was heard it

White had been seen the

was only described as a "glory unutterable."

GREAT INDUCEMENTS FOR 1867!

The American Agriculturist is published monthly for \$1.50 a year; it is the cheapest, best, and most ably edited agricultural monthly on the globe; every issue has more than one hundred practical articles relative to the cultivation of fruit, flowers, grains, cattle, &c. To apy person sending us \$2 before the first day of December, both publications will be sent for 1867, including the December issues of each; this offer will expire on the last day of November, 1866, positively.

THE SCIENTIFIC AMERICAN.— The oldest, most successful, and ablest paper of its kind in the world; as practically useful for every household as for scientific men and inventors, and all men of progress, is published weekly at \$3 a year. We will send it and Hall's Journal of Health for 1867, for \$3 a year, thus giving both publications for the price of one.

THE PHRENOLOGICAL JOURNAL, now in its 43d volume, is published monthly at 389 Broadway, New York, at \$2 a year, profusely illustrated with the portraits of eminent characters, and filled with a great variety of useful reading matter pertaining to the conduct of life, and mental moral, and social improvement. It will be furnished for 1867, with HALL'S JOURNAL OF HEALTH, for \$2.50, thus affording our Journal for 50 cents a year.

THE NEW YORK INDEPENDENT is published weekly at \$2.50 a year. It is written for by some of the ablest minds in the nation; it has weekly letters from well informed correspondents abroad, and gives in every issue copious monetary and market reports, prepared with great accuracy and industry; we offer it and the Journal of Health, for 1867, for \$3 to every person who has not taken the *Independent* before.

These offers will be all withdrawn on the last day of the year 1866.— Those who send the money to *Hall's Journal of Health*, No. 2 West 43d St., New York, previous to the 1st day of December, 1866, will have a December number of each publication subscribed for, without charge.

Five copies of Hall's Journal of Health for 1867 will be sent to one address for \$5; to Clergymen and Theological students of all denominations, the Journal of Health will be sent for 1867 for \$1.

To any fifty Foreign Missionaries, who first apply, the Journal will be sent free, for 1867, free of postage. We wish we felt able to send it to all of them, for they are doing more to raise the world from barbarism to civilization, refinement and religion, than a thousand times their number of princes, potentates, statesmen and kings, while they work, and work hard, self-expatriated from their native land, for nothing more than their food and clothing, and these of a pretty plain kind, for the most part

FIRE ON THE HEARTH,

AND

Furnace Heat Dispensed With.

"A hard coal fire, burning fiercely, flat on the hearth, on a level with the floor, warming the feet delightfully, with an oval fire-place nearly three feet across, with no visible blower, very little dust, and absolutely no gas; the ashes need removing but once a year, while by the extra heat, pure air direct from out-doors, is conveyed to an upper room, without the possibility of meeting with any red-hot metallic surface, or with any corrupting surface whatever—it is simply pure air warmed. A Philadelphia correspondent who has used one of these low-down grates in a room eighteen feet square, for six years, says: 'I have never known a day that a fire made in the morning was not equal to the day, no matter what the temperature was outside.'

"To those who dislike furnace heat, and who wish to have at least one room in the house where there are absolutely all the advantages of a wood fire—the oxygen which supplies the fire being supplied from the cellar, and not from the room itself—this open, low down, air-tight, easily regulated grate, or rather fireplace, with its large broad bed of burning coals, or flaming Kentucky or Liverpool cannel, will be a great desideratum. No one who has a wise regard for the comfort, cheerfulness, and health of a family of children, should be without one for a single day. One can be put in at any season of the year, in two days, at an expense of from thirty to fifty dollars, according to the size. This Patent Parlor Grate consumes about the same amount of coal as would a common grate, giving out, however, as is supposed, near one third more heat—the soft, delicious heat of an old-fashioned wood-fire, (the oxygen being supplied from without.) It is equally adapted to burning soft coal, hard coal, or wood."—Hall's Journal of Health, for December, 1859.

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THESE instruments are made in accordance with a grinciple recently developed and patented by HORATIO WORCESTER, which consists in the use of a divided iron plate instead of the solid one heretofore in vogue. The detached piece is coupled with the inner plate by means of a link at the base end, and is sustained in its proper position by the tension of the strings, which are attached to it in the usual manner. This gives to the strings a greatly increased power of vibration, and frees the sounding-board so as to allow it to reverberate throughout its whole extent. The increase obtained in volume and musical quality of tone is carefully estimated to be full one HUNDRED PER CENT, as stated upon the authority of Louis M. Gottschalk, William Mason, William Berge, E. Muzio, Theodore Thomas, David R. Harrison, Charles Fradel, Christian Berge, and many other distinguished artists. Attention is respectfully invited to the following opinions of the improvement from leading journals:

From the New-York World.

A discovery worthy the attention of every one interested in music has been made by an old-established plandforte maker, Mr. Horatio Worcester, whose warerooms and factory have for years formed a landmark on the corner
of Fourteenth street and Third avenue. Mr. Worcester has succeeded in doubling the volume of sound belonging
to the plano, and at the same time improving in a great degree its quality. This has been effected by merely using
a plate made in two pieces instead of the common solid one. A portion is firmly fixed in the case in the usual
manner, and to this the second piece is attached by means of a coupling at the base end. This coupling on one side
and the tension of the strings on the other, hold it in its proper position, and allow it to move freely with the
strings while they are in operation, the effect of which is to give double their former vibratory power to both the
strings and sounding-board. The plate thus made is termed a hinged-plate. A few days since Mr. Gottschalk
examined this novel feature and found it a worthy subject of approval, as appears by the subjoined extract from an
autograph note of his to the inventor, under date of the 17th instant: "I estimate the volume of tone (in the
improved pianos) to be increased about one hundred per cent. . . . Their singing quality is excellent. The
upper part of the key-board is exceedingly brilliant, while the base is of a rich and powerful sonorousness." Other
esteemed artists have also cordially indorsed the use of a hinged-plate. A mong them are the names of William and
Christian Berge, Charles Fradel, David R. Harrison, and William Mason. Had the Worcester improvement been
sent to the London Exhibition, American planos would have stood even a better chance than they do of winning
valuable laurels as model instruments. valuable laurels as model instruments.

From the New York Evening Post,

HINGED-PLATE PIANO-FORTES.—A plano-forte manufacturer of this city has perfected a genuine improvement in the method of constructing and bracing the iron plate to which the strings are attached. The iron is divided and a portion of it left free to yield with the vibration of the strings and sounding-board. It is thought that planos so Ashioned will stand in tune better than others, from the fact that the strain of the strings centers at one point only, (the hinge,) and also because they are less liable to injury resulting from the swelling or shrinking of the sounding-board. The substantial character of the improvement is vouched for by many leading musicians, artists, and critics, by whom it has been well tested at the warerooms of the inventor, Mr. H. Worcester, corner of Third avenue and Fourteenth street.

From the New-York Musical Review and World.

One of our oldest-established plano-forte makers, Mr. Horatio Worcester, has just received letters patent for an improvement in the construction of that favorite instrument. The advantage consists in the use of a hinged plate, which gives to the sounding-board a freedom similar to that found in the violin. Mr. Worcester uses a plate cast in two pieces, one of which is fixed in the case after the usual manner, and with which the second or inner portion is connected by a coupling or hinge. To this second piece the strings are attached in the ordinary way, and by exerting a strain in opposition to that of the hinge, the piece is held in position. The effect of this is to give increased power of vibration throughout the whole extent of the sounding-board. This produces a singing quality of tone unusually powerful and agreeable, while for general volume, durability, and richness of tone, the instruments are decidedly superior. As the tension of the strings centers at the hinge, instead of being felt around the entire edge of the plate, there is a greater chance of these pianos standing longer in tune than those having a solid plate. The strings are also relieved of considerable pressure arising from the swelling or shrinking of the sounding-board. It is the opin on 6 nearly all the skilled musicians and artists who have compared the Hinged-Plate Pianos with others of the same scale and make, that the increase in volume and beauty of sound is quite equal to fifty per cent. The principle is certainly a correct one, and having worked in a most satisfactory manner so far, after ample testing during nearly a year past, we see no reason to doubt its efficacy as claimed by the inventor. Being simple and substantial, it needs only to be known thoroughly to create for itself favor with the musical community. Mr. Worcester has received autograph testimonials from many of our most esteemed and influential resident musicians and critics, in which they express their entire confidence in the genuine character of the improvement.

Complimentary notices have also appeared in the New-York Evening Express, Commercial Advertiser, Scientific American, Brooklyn City News, Brooklyn Weekly Standard, New-York Leader, Saturday Evening Courier, Dwight's Journal of Music, and other standard journals, all of which indorse the Worcester modification in the strongest terms.

HALL'S JOURNAL OF HEALTH.

OUR LEGITIMATE SCOPE IS ALMOST BOUNDLESS: FOR WHATEVER BEGETS PLEASURABLE
AND HARMLESS FEELINGS, PROMOTES HEALTH; AND WHATEVER INDUCES
DISAGREEABLE SENSATIONS, ENGENDERS DISEASE.

We aim to show how Disease may be avoided, and that it is best, when sickness comes, to take no Medicine without consulting an educated Physician.

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[No. 12.

WINTER DISEASES

ARE coughs, colds and consumptions, with others more specially fatal; among the latter is Pneumonia, called by some Inflammation of the lungs, and by others Lung Fever. It is a disease which attacks the feeble and the strong; the most rugged are taken to the grave by it, in four or five days; others it spares to live and suffer for years; even those who get over it remain feeble for months.

Pneumonia is one of the avoidable diseases, and being of such a dangerous nature, they are wisest who knowing the causes, seek to avoid them habitually. A man sat up writing till a late hour of a Winter's night; he noticed that the fire had gone out, but thought he could finish what he had in hand in a short time, but it required a longer period than he thought for, and when he had finished he found himself chilled through and through; this was followed by an attack of Pneumonia from which he suffered for two years, running into consumption, of which he died.

A young lady remained at a party in the country until two o' clock of a March morning; there was dancing and music and mirth, the rooms were warm, and she left them when the body

was overheated, rode home in an open carriage and found herself completely chilled; she had an attack of lung fever, and at the end of two years stated that she had never seen a well

day since the night of the party.

A young lady was sitting in a warm room in her father's house, and some friends called in a carriage; rather than put them to the trouble of coming in, as they merely wanted some item of information, and had an infant with them, she went to the gate to speak with them; it was snowing a little, and becoming interested in some recital, she noticed a chilly feeling pass over her. She never saw a well day afterwards.

Many excellent clergymen have had fatal attacks of pneumonia by failing to throw a cloak over their shoulders after the

excitement of preaching in a cold room, or out of doors.

Lung fevers are common with music teachers, who, after the excitement of walking to the residence of their pupils are allowed to wait some moments in cold parlors; or after giving a lesson in a warm room, especially in vocal music, go out into a damp, raw wind.

Clergymen and other public speakers have often been prematurely laid aside, by being compelled, after speaking, to ride

several miles on horseback against a cold wind.

An attack of pneumonia is often occasioned by getting into a public vehicle after having been excited by walking, and being compelled to sit in the draft of an open window which some selfish, inconsiderate clown had raised for his own comfort, regardless of any consequences to others.

To remain at rest in any position until a feeling of chilliness is induced, is sufficient to bring on an attack of inflammation of the lungs, however vigorous and robust the person may feel.

Sitting still with damp feet; standing on the wet grass; keeping on damp clothes after having been engaged in exercise, are frequent causes of lung fever. One great principle, practicle in its nature and easily understood, underlies all these cases: it is the getting chilled; this is the more easily brought about in proportion to the amount of exercise which has been previously taken to the extent of inducing a warmth of body above what is natural; the easy and universal preventive is, cool off very slowly after all forms of exercise in cold weather.

If a delicate person goes to bed in a warm room of a cold night and the fire goes entirely out, leaving the room thirty, forty or fifty degrees colder when rising than at the hour of retiring, a cold is a very certain result.

DEATH IN-DOORS.

Multitudes of persons have a great horror of going out of doors for fear of taking cold; if it is a little damp, or a little windy, or little cold, they wait, and wait, and wait; meanwhile weeks and even months pass away, and they never, during that whole time, breathe a single breath of pure air. The result is, they become so enfeebled that their constitutions have no power of resistance; the least thing in the world gives them a cold; even going from one room to another, and before they know it they have a cold all the time, and this is nothing more or less than consumption. Whereas, if an opposite practice had been followed of going out for an hour or two every day, regardless of the weather, so it is not actually falling rain, a very different result would have taken place. The truth is, the more a person is out of doors, the less easily does he take cold. It is a widely known fact that persons who camp out every night, or sleep under a tree for weeks together, seldom take cold at all.

The truth is, many of our ailments, and those of a most fatal form, are taken in the house, and not out of doors; taken by removing parts of clothing too soon after coming into the house; or lying down on a bed or sofa when in a tired or exhausted condition from having engaged too vigorously in domestic employments. Many a pie has cost an industrious man a hundred dollars. A human life has many a time paid for an When our wives get to work they become so apple dumpling. interested in it that they find themselves in an utterly exhausted condition; their ambition to complete a thing, to do some work well, sustains them until its completion, and the moment it is completed the mental and physical condition is one of exhaustion, when a breath of air will give a cold, to settle in the joints to wake up next day with inflammatory rheumatism; or with a feeling of stiffness or soreness, as if they had been pounded in a bag; or a sore throat to worry and trouble them for months: or lung fever to put them in the grave in less than a week.

Our wives should work by the day, if they must work at all, and not by the job; it is more economical in the end to see how little work they can do in an hour, instead of how much. It is slow, steady, continuous labor which brings health and strength

and a good digestion. Fitful labor is ruinous to all.
AIRING CHAMBERS.

This may be safely done in winter time when the day is clear, at any hour between sunrise and sunset, but on cloudy and damp days it is better to kindle a fire and thus create a draft up the chimney. A bed should always be made several hours before sundown, before it has had time to gather the damps of

the evening.

It will refresh us greatly if on waking up of a winter's night, we get out of bed, throw all the clothing to the foot and the next instant throw it back; this drives all the confined air away from the bedding without allowing it to get very cold; in addition the hands should be passed over the skin of the whole body two or three times; this operation is accompanied with a degree of refreshment and a feeling of purity on entering the bed again which more than pays for the trouble, and it is often a great sleep promoter, enabling a person to fall into a sound slumber in a few minutes after having been tossing restlessly for hours.

Shut your mouth in going from a cold to a hot atmosphere, as well as the reverse; this simple operation brings the temperature of either a cold or hot air to the natural standard before it reaches the lungs, by making it take the circuit of the head; whereas if the mouth is kept open it dashes down upon the lungs like a shock. Whether asleep or awake we should accustom ourselves to keep the mouth shut; the advantage in our sleeping hours is that we do not snore, we don't have the nightmare, flies, bugs and spiders don't crawl down the throat, and we don't tell tales in our dreams; the benefits in the day time are that it induces a more healthful, deep, full and free action of the lungs, prevents innumerable chills and colds, and saves many a domestic sorrow.

TEMPERATURE OF ROOMS.

Ordinarily we are comfortable in church, if at the height of five feet from the floor, in the centre of the building, Fahrenheit's thermometer stands at sixty-five degrees. But in this respect no one man should be a guide for another. Some require more heat than others, but there is one rule of universal application—a rule which admits of no exceptions, the world over, each person should notice what temperature keeps him comfort-

ably warm, and thus be a rule to himself. It is said of the Duke of Wellington that during the latter years of his life he became so frigid, that in order to be comfortably warm his room was kept at such a temperature in winter that it was in a measure impossible for any visitor to remain but a very few minutes.

But when a man has taken a cold, or is becoming bilious; or if he stays indoors several days, he requires more and more heat, and if under such circumstances he would eat positively nothing for a day or two and keep on piling up the wood so as to keep up a continual slight perspiration, the cold would be cut short off, or the biliousness would disappear in twenty-four hours: in fact, very many of our aches and pains and ailments would disappear with an amazing promptness, if we could persuade ourselves, when they are first noticed, to only cease eating, keep warm, keep quiet, and drink abundantly of any hot liquid: but the great misfortune is that nine persons out of ten prefer to take some kind of medicine however nauseous: they feel as if they could not spare the time to be sick, and would rather swallow a quart of the most disgusting compound, if it only promises to cure them up "right away," with the result always, that they are not cured right away; but after dosing themselves for days and weeks with whatever Tom, Dick or Harry chooses to advise, they find themselves compelled at last to consult a physician when the time has passed for warmth and quiet to have any curative effect.

A GREAT MISTAKE.

Many persons precipitate themselves into the grave by attempting to bravado an ailment; to be up and about in defiance of it. If anything at all is the matter with a man which is really disquieting, he should at least have as much sense as a pig, and go and lie down; pigs are not such fools as to move about in pain; it is a great deal better to lie down and

GRUNT.

Nature, so beautifully appropriate and economical in all her arrangements, makes a double use of the expression of pain or suffering both in men and animals,—a sigh, a moan, a tear, always attract the attention and excite the sympathies of the well and also afford a grateful relief to the sufferer. Those griefs craze the brain which do not vent themselves in weeping. The tearless eye under trouble, breaks the heart. The parent

who whips or scolds his child because he cries under suffering or trouble, is a brute or an ignoramus. Neither mirth nor mourning ought to be restrained of their natural expression. Laughter increases the gladness and sighs relieve the sorrowing heart. A very striking exhibition of this idea has frequently come under the observation of the most careless. There is a class of men and women of feeble intellect though they be, who are always complaining; they can entertain you by the hour with the details of their bodily sufferings; according to their own story, they are never free from some ache, or pain, or malady, and you wonder after listening to their interminable narrations that they had not · long ago died from the effects of such sufferings; and yet they do not die; they live on, and on, and on, to vex successive generations with their dismal histories; if you sit down to the table with them, you will find that they can eat as much and as fast as the most robust, and have very nice perceptions of the good things of this life, eatable and drinkable. We may, then, reasonably infer that habitual grunting is a life-preserver, and the Frenchman was not very far wrong after all, who advocated the theory several years ago that while it was indisputable that laughing made the body fat, and that good natured children, the lively, merry ones, were healthy, that it was equally certain that crying children were not less so; in other words, that crying did a child good, it promoted a more vigorous circulation of the blood, and helped to develop the lungs.

GETTING CHILLY.

The reader has no doubt observed many times that if in very severe winter weather he remains in the house several days, the body gets very chilly; while you are warming the feet and hands before the fire, the cold chills run down the back; or if you go even from the fire to the window to look upon the snow, disagreeable creeps run all over the body; and whether in these, or under any other circumstances, persons have an unpleasant chilliness, it is the result of a sluggish circulation and an imperfect digestion—so little life-giving air is breathed, and so little exercise is taken that the nutriment is not drawn from the food eaten, the blood grows poor, and lifeless, and cold; loses its heating power, and the body begins to freeze and die. But let a few hours be spent in the cool, out-door air in some exhilerating employment or pastime, and there is an entire change in

the whole physical and mental condition; the fire of life kindles in the eye, smiles light up the face, and the man is himself again.

NOTHING TO DO.

Every winter the number increases in our large cities, especially in New York, of persons who having become tired of village and country life, or of keeping house in the city, look to boarding at hotels or private houses as a kind of an elysium; nothing to do but eat and sleep and walk about; while there is a blissful deliverence from the annoyances of incompetent, faithless and blarneying servants; who, when you engage them, profess a perfect knowledge and skill in everything which pertains to the kitchen, and yet within a week, show that they know little or nothing beyond the most common duties. They can not even kindle a fire without its costing about three times as much as it ought to; they can not bake a loaf of bread fit to eat; their pastry would kill a plowman in a week; and even when furnished most lavishly with the very best of materials, have neither sense nor system in their preparation; very few know even how to cook a potatoe—and dirt and filth everywhere prevail. But in escaping these vexations, greater than these soon present themselves in a boarding-house life, and among the first is the giving way of the health; the body becomes sleepy and dull; the mind loses its elasticity, and soon begins to waste itself in worriment about the merest trifles; a very little inconvenience or difficulty is magnified and looms up in mountainous proportions. One of these called on us recently, a lady, well educated, dressed elegantly and in perfect taste, and merely to look at, any man might be proud to call her his wife. The moment she entered our office she began to whine at an amazing rate, declaring that she was in a state of perfect physical and mental prostration. It was very natural for us to inquire into the cause of such a hopeless condition. She was boarding. A generous husband had surrounded her with everything calculated to afford her enjoyment. She had no children, and no servants to annoy her. Her husband was at his place of business from 10 to 3, and the remainder of his time was at her service. She went to the races, she attended the opera, and she visited her friends; and yet she pretended she was in a perfect state of physical and mental prostration!

GETTING MARRIED.

Into this gulf of perdition will they arrive at no remote day who arrange to go to boarding as soon as married, instead of going to housekeeping. A more unprofitable mistake cannot possibly be made by the newly married; it is more mischievious in winter than in summer, for in warm weather the young wife can walk on the street, or drive in the Park, or visit among her friends, but in the winter they are cooped up in one room, and spend hours at the window-pane, gazing listlessly out open the street: afraid of the cold, yet detesting the confinement, while a great part of the time, the husband being at his business, the mind of the young wife is the prey of a thousand disquietudes; at one time she thinks her friends are slighting her; at another, she becomes envious of others who seem to be able to dress more elegantly than herself, and she begins to make unfavorable comparisons to herself and to her husband, as to their worldly condition, and she becomes moody, or petulant, and complains, and the husband wakes up to a new discovery, and as unwelcome as it is new—that his wife is not happy; not happy in him, not happy in herself, not happy in her social position. But suppose these same persons had begun life in the old fashioned way; had taken a small house and had busied themselves first in arranging whatever parental affection had bestowed, and then had set about deciding what they could afford to take from their own store of money and expend it for the most necessary articles of furniture, and as to the things they wanted besides, things not indispensable, yet desirable, laying plans together how, by economizing, first in one direction and then in another, they might lay aside enough to precure what they had set their minds upon; and when this was accomplished, then to have another aim. No man can doubt that in going to housekeeping in such a manner, the prospect of a happy and thrifty married life is unmistakably more promising than in the health and heart destroying practice of living the first twelve months of married life in hotels and boarding houses. Very few young wives are safe in any public associations. The papers abound in cases of infidelity to marital engagements by lately married girls being thrown into the society of men of leisure, their husbands being engaged in their business pursuits. The mere dandy, loafer, or gentleman of leisure has every opportunity of taste, and dress, and address above that of

the mere man of business, to turn away a woman's heart from her husband by the mere fact of causing her at first, without implicating himself, to draw unfavorable comparisons against her husband, or to personal tidiness. One of the most splendid weddings that had ever taken place then, in New York, resulted in a seperation, and a broken heart, and a premature grave within a few years, by the wife's continual twitting her husband, when they were walking on Broadway or the Avenue, about his want of taste in the selection of 'his apparel; —"why don't you bow as Mr. Blank does?"—"His gloves_are in perfect taste; yours are such as a countryman would select."

These things grew upon her, while they alienated him, and living as they did at the finest hotel in the city, with uncounted gold at their command, and nothing to compel their attention away from trifling things, their minds dwelt upon them, magnified them, allowed them to see nothing else, with the result of a seperation under circumstances which were infinitely worse than death, for then the grave would have closed over every sorrow, whereas life was spared, with its long years of ag-

ony.

THE MEN WON'T PROPOSE.

Because they are afraid of the enormous expenses of housekeep-It requires a little fortune, now, to buy a house, and every article of furniture costs about three times as much as it did ten years ago. Young men of spirit, and they are the only ones worth having now, begin to calculate the cost of wedlock. When they see the extravagant lengths to which our daughters go in their dress; when they look at the splendid mansions in which their fathers live, their minds begin to run in this channel; "She is a charming girl, in fact, too good for me, but to place such a trusting creature in a condition inferior to the one in which she now finds herself, would be dishonorable, and I must forego the happiness of marrying her, even were she willing, until I have obtained the means of placing her in a social position worthy of her;" and while he is bending his energies to bring about this end, years creep on; opinions have changed, views of life have altered: the affections have become chilled and the mind hardened with its attritions with men, preferences have been diverted, and in too many cases an old bachelor and an old maid occupy the places which otherwise might have been the abode of a happy family and a delightful association.

Every body ought to get married who can boast of three things, First, A sound body. Second, A sound mind. Third, A good trade; this as to men; and as to women, they should possess good health, tidiness and industry. With these, any young couple can get as rich as they ought to be, or as rich as is necessary to an enjoyable life, if they will only go to house-keeping a little below their ability.

The young should have the courage to live within their means; to have more pride in the consciousness that they have a little spare money at home, than in living in a style which keeps them all the time cramped in maintaining. Better to live in one room with all the furniture your own than occupy a whole house with scarcely a chair or table paid for.

WORKING TOGETHER.

It is productive of a great deal of domestic enjoyment to have a man and wife working to the same end, having a common object in view, whether it be to save up money enough to buy a new chair, or a neighbor's adjoining farm. It is thus that they grow into the feeling that they are one, that their interests are united, and they soon begin to work into each other's hands; the wife seeks to make the husband's task easier, knowing that it enables him to do more for her, and that the common object will be the sooner attained; the husband seeing this, reciprocates, and loves the more, day by day, until they become one in aim, and feelings, and sentiments, and a love more abiding as the years grow old, is the happy result.

HELP FATHER.

"I do not mind being sick so much, nor the pain connected with it, but father is getting old, and he needs my help at the store."

This was the sentiment of a young man the other day, who was suffering a temporary disablement. There was something beautiful in it.

Every night about dark, a small boy with a light ladder and a box of natches, may be seen running along the street. He stops at each lamp post, lights the gas, and then runs to another; he does not loiter; does not stop to talk with other boys, or to gaze at the splendid equipages which are yet returning from the Park along the Avenue. He is the son of the man whose busi-

ness it is to light the city lamps. No hired boy could possibly be procured who would perform the duty with such alacrity, and fidelity, too; for not long ago he passed a lamp-post a rod or two and on looking back, he discovered it was burning too high. He at once ran back and adjusted it properly. What if it did burn too high; it was nothing to him, nor to the city, nor to his father; but suppose one of the Directors of the gas companies had chanced to see that wasting light, his father might have lost his place. A lesson may be learned here which would add a million fold to family happiness, and it is this—it increases the affections of families to have the sons and daughters brought up to assist their parents in household duties, or in the means of family support; there grows up a community of interest, each feels that he is helping the others, and the affections naturally go out towards those who help us. If a mother has no other use of her daughter, she should require her to assist in all domestic matters; and sons should be early learned to proffer their services to their parents, even if it be to save a few steps in walking, or to make the accomplishment of any work in hand less laborious; in short, children should be so educated that it shall be to them a duty, a pleasure and a happiness to help their parents, and to do it with alacrity, with a spontaneous promptitude which never gives time to be asked. But most parents will plead guilty to the charge, that instead of requiring their children to help them, and wait upon them in many little ways, they too often prefer to wait on or help themselves.

There is a feeling, which if expressed in words would read thus—"The child may be engaged in something else of its own, or may not like to do it, and I can almost as easily do it myself; at all events I won't divert him from his own objects." Many a mother has made a bed in weariness, or cooked a dinner, or swept a room, or washed a garment, or set up half the night in sewing, patching or knitting, when her daughters could have shared the labor and made it easy to both; but that daughter's dress might have been soiled, or she had a visitor, or was going to take a walk, or was finishing a story.— Mothers, remember this one important truth—the most self-sacrificing parents are oftenest brought to an old age of grief by the misconduct of both sons and daughters.

Selfish children, those who are not allowed to bear the fam-

ly burdens soon begin to feel that it is not their place and that their parents ought to devote themselves to their comfort and happiness, and the sentiment expresses itself in words sometimes, "It is no more than they ought to do." "Other children's parents do it, and why not mine?" Nothing is more true than that those children who take the least interest in household matters, or in the business of the family, are the most selfish, the most ungrateful, and the least unlikely to grow up useful members of society, while those who are always ready to help their parents, to share their labors. Will grow up more and more affectionate, more and more worthy of parental love, and are very certain in after life to be found the praise of the community in which they live.

THE UNDERSTANDINGS

of the physical man has a great deal to do with health and life. Many a man and woman owe an untimely death to damp feet in winter-time. This is very generally admitted, and many methods have been proposed to prevent it. In wet weather, or when the snow is melting, the India rubber shoe is the most perfect article offered; some prejudice has been excited against them, more than anything else from the unwise use of them. They may be hurtful to some, but it does not follow that they

are generally so.

No one can be comfortable with cold, damp feet, and the very instant it is noticed, the person should begin to walk, or remove both stockings and hold the bare feet to the fire until they are perfectly dried and feel comfortably warm. India rubber overshoes should be worn only when the person is walking: as soon as the walk is ended they should be removed. They certainly ought not to remain on the feet ten minutes if the person is standing still in the house after a walk. If a person is in and out many times in a day, it is better to have a pair of old shoes covered with good India Rubber to remain on permanently, to be slipped on and off together; another pair of shoes and slippers, to be worn in their stead while indoors; but unless this other pair is always kept warm when not in use, the removal of a shoe and slipping on a cold one, will give a bad cold or a troublesome rheumatic affection in a very short time. The great mass of business men cannot make these changes, and to them the old fashioned soled shoe or boot. is best.

Various expedients have been devised to keep the dampness from the soles of the feet. Some advise that a piece of sail cloth or other woven material, should be cut in the shape of the sole, dipped in melted pitch or tar, and when cooled, placed between the layers of the shoe's sole and well sewed. If this is carefully done it is simply impossible for any dampness to penetrate to the soles of the feet by simply walking on damp ground; but in walking in wet grass or the slosh of snow deep enough to reach the upper leather, this device is no protection.

Another means of rendering soles of shoes impervious to dampness, and to prevent their squeaking, is to set them in melted tallow deep enough to merely cover the soles, and let them remain a week; if it is in a mixture of equal parts of bees-

wax and tallow it is still the better.

A gentleman avers that from six years of experience and trial, the soles of shoes are not only made water-proof but will last three times as long if a coat of gum copal varnish is applied to the soles and repeated as it dries, until the pores of the leather are filled, and the surface shines like polished mahogany.

The soles of shoes may be made impervious to water by rubbing the following mixture into the leather, until it is thoroughly saturated — One pint of boiled linseed oil; half a pound of mutton suet; six ounces of pure beeswax; four ounces of rosin. Melt these over a slow fire, stirring well, and when the shoes

are new, warm them and the mixture also, and use.

Or put a pound each of rosin and tallow in a pot on the fire and when melted and mixed, apply while hot, with a painter's brush, to both soles and upper leather. If it is desired that the boots should take a polish immediately, dissolve an ounce of beeswax in a teaspoonful each of turpentine and lamp black a day or two after the boots have been treated with the rosin and tallow, rub over them this wax and turpentine, away from the fire. Thus the exterior will have a coat of wax alone, and will have a bright polish. Tallow and grease become rancid and rot the stitching, and the leather also; while the rosin mixture preserves both.

One pint of linseed oil, a quarter of a pint of turpentine or camphor, a quarter of a pound of beeswax and a quarter of a pound of Burgundy pitch. Melt together with a gentle heat; warm it when it is to be used, and rub it into the leather

before the fire, or in the sun.

1 + September

Or, melt together beeswax and mutton suet, half and half,

and rub it in where the stitches are.

Gutta Percha soles are preferred by some. They may be attached thus: dry the old sole, roughen it well with a rasp, and rub on with the finger a thin, warm solution of gutta percha; dry it, hold it to the fire, and then rub on a coat of a thicker solution. Take the gutta percha sole, soften it in hot water, wipe it, and hold both sole and shoe to the fire until warm; lay the sole on gradually, beginning at the toe. In half an hour, pare it neatly with a knife.

But it must be remembered that if you make the upper leather of a shoe water-tight, it is rendered measureably air-tight, and this occasions dampness on the inside, creating ill odors and coldness, while any kind of oily substance must not only rot

the material but cause a noisome smell.

To those who are forehanded, and have leisure, it is advised to purchase the shoes to be worn in winter six months before hand, and wear them a little at a time in warm weather; thus they become hardened before winter sets in, and this hardening increases their durability. But before they are once worn in the wet, the soles should be held to the fire until they are well warmed; then warm a little tar in a tin cup, and apply it with a swab to the bottom of the shoe, but not hot enough to burn the leather, then let it be well dried in before the fire. This will never work out while warming the feet; but this tar should be applied the first of each month until May, if the boots are worn much in the wet. This tar penetrates the sole to the eighth of an inch, and renders it almost as hard as horn. Grease of any kind will soften the leather and make it porous. Without this tar application, the first wetting of the soles will contract them and making them fit not so well, sometimes making them too small altogether.

If shoes are heated before the fire, they get hard and wear out very much sooner than if allowed to dry gradually in the upper part of the kitchen or family room, farthest from the fire,

or on a shelf, or hung on a nail.

VARNISH FOR SHOES.

It is a bad plan to grease the upper leather of shoes for the purpose of keeping them soft; it rots the leather and admits dampness more readily. It is better to make a varnish thus:

Put half a pound of gum shellac, broken up in small pieces, in a quart bottle or jug, cover it with alcohol, cork it tight and put it on a shelf in a warm place; shake it well several times a day, then add a piece of gum camphor as large as a hen's egg; shake it well, and in a few hours shake it again and add one ounce of lamp black; if the alcohol is good, it will all be dissolved in three days; then shake and use. If it gets too thick, add alcohol—pour out two or three teaspoonfuls in a saucer and apply it with a small paint brush. If the materials were all good, it will dry in about five minutes, and will be removed only by wearing it off, giving a gloss almost equal to patent leather.

The advantage of this preperation above others is, it does not strike into the leather and make it hard, but remains on

the surface and yet excludes the water almost perfectly.

This same preparation is admirable for harness, and does not soil when touched, as lamp black preparations do.

COLD FEET WHILE TRAVELING.

If boots are treated as above, and just before going out of doors the stockings are removed, and both feet and stockings are well dried before the fire, the feet will feel comfortably warm for several hours; it is the moisture or steam about the feet which often makes them feel cold by the out-door air condensing them. No one should travel in winter with tight-fitting shoes; they arrest the circulation: this induces coldness, causing a general feeling of discomfort all over the body, even making the mind fretful and irritable. A woolen stocking will alone keep the feet warmer than the same stockings and a pair of tight boots besides. If a person has a good circulation, the feet will get warm of themselves if the tight boots are removed. No one can go to bed with cold feet without doing themselves a positive injury; and it is always best in wintertime, even if the feet do not feel cold, at bed-time to draw off the stockings and hold the feet to the fire or stove, rubbing them meanwhile with the hand, until they are perfectly dry and comfortably warm in every part; it is a pleasant operation of itself, and ought not to be dispensed with for a single night from October to May; it is one of the best anodynes; it allows a person to fall asleep in five minutes, who, with cold feet, would have remained awake for half an hour or more, and even then the sleep will be unrefreshing and dreamy.

BURNING FEET.

If the soles are dry and hot at bed time, rub patiently into each one of them, with the hand, half a teaspoonful of sweet oil night after night, until the difficulty is removed.

Some persons always have cold feet on getting into bed; a robust person may remedy this in time by dipping both feet at a time in cold water just deep enough to cover the toes; let them remain in until thirty are counted, wipe dry, hold to the

fire, and jump into bed.

Feeble persons and invalids should pursue a different course. Put both feet in hot water half leg deep; add hot water from time to time for fifteen minutes, so that the water shall be hotter when they are taken out then when they are put in, then dip them in cold water as before, while you count ten, wipe warm, and get into bed.

As cold feet induces a number of diseases, aggravates others, and delays the cure of all, it is worth all the trouble one can take if thereby, even in the course of months, the delightful condition can be brought about wherein the feet are in such a natural and healthful state, that the mind is never attracted towards

them unpleasantly.

TIGHT SHOES

Interfere with the pleasure of locomotion, cause corns, and even rheumatic gout; hence it is worth while to repeat what we have formerly recommended as an infallible and easy method of having a new foot-covering fit as easily as an old shoe—just put on two pairs of thick stockings before the measure is taken or before fitting your feet with ready-made shoes; then when you get home pull off both pair, put on one thin pair, wear them for a few days and then put on thicker. This simple expedient will prevent an incalculable amount of discomfort, irritation and loss, in one year.

CLEANING SHOES.

To do this easily, harmlessly and well in winter, is worth Scrape off the mud or wet dirt with an old spoon handle, or which is better, a wooden knife, then with a soft, damp rag or sponge remove what the knife failed to do, then set them back from the fire for five or six hours, or more; they will then take a polish as easily as before they were wetted; in this way they can be cleaned without scarcely soiling the fingers at all, and a great deal of extra brushing will be saved.

Boots and shoes for the winter should be large enough to admit of cork soles which, if taken out every night and dried well, will keep the feet warm all the time, without which condition no person can possibly have good health, while there are many whose only obstacle to good health is cold feet.

The feet are so far from the centre of the system that the circulation in them is easily checked and then disease begins; hence it is of great importance that persons in going to their. place of business, with the expectation of remaining in several hours, should pull off their tight-fitting boots and put on a pair of easy fitting slippers or shoes; and they will find that on putting on their boots again at night to go home, it is done with considerable difficulty. This is because the feet have swollen during the day, a natural result from the blood and other fluids accumulating in them, partly from their being in a standing position for a considerable portion of the time; and partly from the unrestrained condition of the foot, the circulation is more free and healthful; but if a tight boot is kept on all day, it becomes more and more compressed every hour, and by night the circulation is almost arrested, the feet are cold and clammy and damp, and this soon becomes their constant condition, instead of a few hours towards the close of the day; but this very change to a loose slipper or old shoe, on arriving at the shop, or store, or office, will in a very short time be followed by lameness, or stiff joints, or a cold, impregnating the whole system unless the slippers or shoes are first made very warm. Common-sense points out the fact that harm must result from changing a loose, cold shoe for a warm one.

A fruitful cause of colds is the wearing during the winter while out of doors, boots or shoes with thinner soles, even if the weather is milder. When a thick soled shoe is put on in the early part of the winter, it should be used until the first of May, or at least until the winter is broken up. In the effort to keep the feet warm the experience of one man is no safe guide to another. Some keep their feet warm during the coldest weather by wearing cotton stockings; others are more successful by wearing woolen hose. The only rational plan is for each one to experiment on himself and observe the result closely. Others again succeed best by wearing two pairs of hose at the same time, one of woolen, the other of cotton; these differences arise from the fact that the circulation of some is more vigorous than that of others; some are on their feet all the time; others

sit almost all day.

NOTICES.

Subscriptions to Hall's Journal of Health expire with the December Number. Those who do not wish to take it for another year, need give no notice, as it is never sent without an express order, accompanied with the subscription price.

THE CHILDREN'S HOUR: A NEW MAGAZINE FOR THE LITTLE ONES. Edited by T. S. Arthur.—Our new Magazine will come as a pleasant companion, friend and counsellor of the little ones; and as a helper in the work of storing up things good, and true, and beautiful in their minds, through a healthy culture of the imagination and an attractive illustration of those precepts that lie at the foundation of all right living. It will aim to inspire children with reverence for God and a sense of His loving and fatherly care; and to lead them to unselfish actions—to be gentle, forbearing, merciful, just, pure, brave, and peaceable. Some of the best writers for children in the country will contribute to its pages.

THE CHILDREN'S HOUR will be as elegant in appearance as the best artists and the best typography can make it. The first number will be ready on the first of November, and will be mailed as a sample on receipt of ten cents.

Terms:—One year, in advance, \$1.25. Five copies, \$5.00. Ten copies, \$10.00, and an extra copy to the person sending the club. For \$3 we will send one copy of the Home Magazine and one

copy of the Children's Hour.

Address T. S. ARTHUR, 323 Walnut St., Philadelphia.

Mr. Godey, in his Lady's Book, thus speaks in advance of this

new enterprise:

T. S. ARTHUR'S NEW MAGAZINE FOR CHILDREN.—We take more than usual pleasure in referring our readers to the prospectus of The Children's Hour, a new magazine for the Little Ones. No one in the country is more widely or favorably known as a writer for children than Mr. Arthur, and thousands of mothers who enjoyed and profited by his beautiful story-lessons, when young, will gladly accept the opportunity of placing this new magazine in the hands of their children.

We understand that Mr. Arthur has long contemplated issuing a magazine for the young, but other literary engagements drew so heavily upon his time and health that he could not at any earlier period commence its publication. Now, all things favor the undertaking, and he comes to it with a loving interest in the

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work, delayed for years, that must insure its excellence and success.

"THE CHILDREN'S HOUR" will not be the rival of any other juvenile periodical, but have its own distinctive features, and address itself to the work of helping the little ones to take the first steps in life safely and pleasantly, in its own peculiar way. It will be the mother's assistant, as well as the child's companion, friend and counsellor.

Don't fail to get a number. We hope that every mother who takes the Lady's Book will take Mr. Arthur's Child's Magazine also."

HALL'S JOURNAL OF HEALTH, which is published monthly at \$1.50 a year, will be sent, with *The Children's Hour*, during 1867 for \$2.00, if sent previous to December 31st., 1866, to "Hall's Journal of Health, No. 2 West 43d St., New York."

The American Tract Society, 28 Cornhill, Boston, and 13 Bible House, New York, corner of 8th St. and 4th Avenue, have issued for the Sunday reading of families, "There's Time Enough; or, The Story of Charles Scott." 153 pps. "Our Charley; or, The Little Teacher." Pps. 125. "Winnie and Her Grandfather; or, the way to overcome evil with good." 144 pps. "Made Graves:" by the author of Jessie Lovell. "Grace's Visit;" A Tale for the Young. 247 pp. All of these are safe and instructive reading for the young, which with a multitude of other books, as useful and as good.

Messrs. Broughton and Wyman will be happy to sell at low prices to all who pay them a visit at 13 Bible House, New York.

TO BAPTISTS.

It is well known that the Watchman and Reflector, published weekly at Boston, Mass., at \$3 per year—if paid within three months—has now been published forty-seven years, and has been edited with a steady ability and intelligence not surpassed by any paper in the Baptist Church. In one important respect it has been faithful above all others in guarding its readers against the patronage of what are considered respectable publications and periodicals, but which, every once in a while, were found covertly spitting out their venom and infidelity against the Christian Religion, thus being a watchman wide awake and independent and fearless enough to attack in high place. Too many religious publications praise indiscriminately all that comes from publishing houses which send them a great many books and give them a large advertising patronage; this is their shame.

The Boston Watchman and Reflector has not been with this

crowd of sleepy watchmen, and we trust it never will.

To give some idea of the value of the reading in a single number, we take up the first at hand, for October 25, 1866.— A letter from London, from Peter Bayne. Inspiration of the Scriptures. The Savior's Invitation Accepted. Encouraging Inquirers. A Greeting with Paul. Letters from England and Ireland—and all this on the first page, the three others being filled with valuable practical matter. No family of any denomination could possibly read such a paper a year without being the better for it. The reading is uniformly of such a character as to elevate and purify and instruct wherever it goes. We will send it and this Journal for 1867 for \$3, the price of the Watchman and Reflector alone, as above named. This offer will not be extended but withdrawn, not to be renewed, on the last day of 1866.

We should have been glad to have offered Godey's Lady's Book of Philadelphia, with this Journal, at the price of Godey's alone, but they want to charge us as much as any other heathen man and publican, and we won't put up with it. It would have been different had Godey been at home, but he is abroad, and has left a representative behind him who has not a particle of common sense; we believe his name is Smith or Snooks, but he only controls the dollar and cent department. The soul of Godey is in Sarah J. Hale, and consequently whoever has three dollars to spare for a family periodical always welcomed by the girls, and always full of good things, useful and true, especially those taken from Hall's Journal of Health, would do well to invest it in Godey stock, sent to Louis A. Godey, Philadelphia, Penn., enclo-

sing a Post Office Order for Three Dollars:

GARDENER'S MONTHLY, \$2 a year, published by Brinceloe, 23 North 6th Street, Philadelphia, Penn., and by the Messrs. Wood-

ward, 37 Park Row, New York.

This valuable and much prized Monthly is devoted to Horticulture, Arboriculture, Botany and the Rural Arts. January commences a new Vol., and from the variety of topics treated and the practical ability of the editor, Thomas Meehan, it will be valuable not only to families in the country, but to every household which owns a garden spot or cultivates a few flowers and plants for the window sill, or the conservatory in cities.

The advertising pages are of special value to farmers, gardeners and nurserymen, in giving information as to where agricul-

tural instruments, manures, plants, &c., may be purchased.

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AMERICAN EDUCATIONAL SERIES, and ALMANAC for 1867, by Ivison, Phinney, Blakeman & Co., with Catalogue of books for sale by that House.

LIFE AND DEATH ETERNAL; being a refutation of the Doctrine of Annihilation, by Samuel C. Bartlett, D. D., Professor in the

Chicago Theological Seminary; 390 pp., 12mo.

To that happy company who, having been brought up in the nurture and admonition of the Lord by conscientious, praying parents, have never a doubt or a fear of the great fundamental truths of Evangelical Religion, we give the advice not to read the book any more than the writings of Hume, or Voltaire, or Tom Paine; they are happy and satisfied in their faith, there let them remain; but to the unhappy doubters, who are without God and without hope in the world; hence are restless, unfixed, and constantly looking forward uneasily into the future beyond the grave—to such we say, by all means read the book and it will be pretty sure to convince you that man is immortal and may become an heir to a glorious and undying existance in the mansions of the Blessed, where God and Angels are.

A FAMILY TREASURE

is the monthly publication of the Rev. Dr. McKinney, of Pittsburgh, Penn., sent for \$1.50 a year. It is one of the few, the very few Monthlies which is always religious, and is always on the safe side. The articles are for the family, and are always practical, truthful and instructive; its sentiments tend to purify, to elevate and instruct; and yet are interesting to all. No family of any Christian denomination need have any fears of a malign influence on young minds, following the reading of any page of this well edited monthly. It is published at too low a rate and merits a wide patronage. We will send it and HALL'S JOUR-NAL OF HEALTH for 1867 to any present subscribers of either, for \$2, which is very little over the subscription price of one of them provided the amount is sent to "Hall's Journal of Health, No. 2 West 43d St., New York," previous to the 5th day of December, 1866, when it will be withdrawn. This short offer is made in order to break up that miserable habit of putting off from day to day subscribing for a publication, for an indefinite period.

INVALIDS GOING SOUTH.

"AIKIN HOTEL" having been recently renovated and refurnished, is now open for the reception of visitors. Guests can rely on every exertion being made to render them comfortable and make them feel at home. The elevated situation of Aikin, with its dry, equable and genial climate, is peculiarly adapted to invalids affected with pulmonary diseases, and is highly recommended by eminent physicians, North and South.

HENRY SMEYSER, Proprietor.

AIKIN, South Carolina, Dec. 1, 1866.

Your subscription ends with this number.

GREAT INDUCEMENTS FOR 1867!

The American Agriculturist is published monthly for \$1.50 a year; it is the cheapest, best, and most ably edited agricultural monthly on the globe; every issue has more than one hundred practical articles relative to the cultivation of fruit, flowers, grains, cattle, &c. To any person sending us \$2 before the first day of December, both publications will be sent for 1867, including the December issues of each; this offer will expire on the last day of November, 1866, positively.

THE SCIENTIFIC AMERICAN.— The oldest, most successful, and ablest paper of its kind in the world; as practically useful for every household as for scientific men and inventors, and all men of progress, is published weekly at \$3 a year. We will send it and Hall's Journal of Health for 1867, for \$2 a year thus giving both publications for the price of any

for \$3 a year, thus giving both publications for the price of one.

THE PHRENOLOGICAL JOURNAL, now in its 43d volume, is published monthly at 389 Broadway, New York, at \$2 a year, profusely illustrated with the portraits of eminent characters, and filled with a great variety of useful reading matter pertaining to the conduct of life, and mental moral, and social improvement. It will be furnished for 1867, with HALL'S JOURNAL OF HEALTH, for \$2.50, thus affording our Journal for 50 cents a year.

THE NEW YORK INDEPENDENT is published weekly at \$2.50 a year. It is written for by some of the ablest minds in the nation; it has weekly letters from well informed correspondents abroad, and gives in every issue copious monetary and market reports, prepared with great accuracy and industry; we offer it and the JOURNAL OF HEALTH, for 1867, for \$3 to

every person who has not taken the Independent before.

These offers will be all withdrawn on the last day of the year 1866.— Those who send the money to *Hall's Journal of Health*, No. 2 West 43d St., New York, previous to the 1st day of December, 1866, will have a December number of each publication subscribed for, without charge.

Five copies of Hall's Journal of Health for 1867 will be sent to one address for \$5; to Clergymen and Theological students of all denomina-

tions, the Journal of Health will be sent for 1867 for \$1.

To any fifty Foreign Missionaries, who first apply, the Journal will be sent free, for 1867, free of postage. We wish we felt able to send it to all of them, for they are doing more to raise the world from barbarism to civilization, refinement and religion, than a thousand times their number of princes, potentates, statesmen and kings, while they work, and work hard, self-expatriated from their native land, for nothing more than their food and clothing, and these of a pretty plain kind, for the most part.

FIRE ON THE HEARTH,

AND

Furnace Heat Dispensed With.

"A hard coal fire, burning fiercely, flat on the hearth, on a level with the floor, warming the feet delightfully, with an oval fire-place nearly three feet across, with no visible blower, very little dust, and absolutely no gas; the ashes need removing but once a year, while by the extra heat, pure air direct from out-doors, is conveyed to an upper room, without the possibility of meeting with any red-hot metallic surface, or with any corrupting surface whatever—it is simply pure air warmed. A Philadelphia correspondent who has used one of these low-down grates in a room-eighteen feet square, for six years, says: 'I have never known a day that a fire made in the morning was not equal to the day, no matter what the temperature was outside.'

"To those who dislike furnace heat, and who wish to have at least one room in the house where there are absolutely all the advantages of a wood fire—the oxygen which supplies the fire being supplied from the cellar, and not from the room itself—this open, low down, air-tight, easily regulated grate, or rather fireplace, with its large broad bed of burning coals, or flaming Kentucky or Liverpool cannel, will be a great desideratum. No one who has a wise regard for the comfort, cheerfulness, and health of a family of children, should be without one for a single day. One can be put in at any season of the year, in two days, at an expense of from thirty to fifty dollars, according to the size. This Patent Parlor Grate consumes about the same amount of coal as would a common grate, giving out, however, as is supposed, near one third more heat—the soft, delicious heat of an old-fashioned wood-fire, (the oxygen being supplied from without.) It is equally adapted to burning soft coal, hard coal, or wood."—Hall's Journal of Health, for December, 1859.

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Warmth and Strength.

" Worth Knowing. Inconsiderations. Sour Stomach. Address "Hall's Journal of Health," No. 2 West 43d St., New-York, (\$1.50 a Year.)

Sabbath.

Hunger.

WORCESTER'S

BINGED-PLATE PIANO-FORTES.

WAREROOMS AND MANUFACTORY,

Corner of Fourteenth Street and Third Avenue, N. Y.

THESE instruments are made in accordance with a grinciple recently developed and patented by HORATIO WORCESTER, which consists in the use of a divided iron plate instead of the solid one heretofore in vogue. The detached piece is coupled with the inner plate by means of a link at the base end, and is sustained in its proper position by the tension of the strings, which are attached to it in the usual manner. This gives to the strings a greatly increased power of vibration, and frees the sounding-board so as to allow it to reverberate throughout its whole extent, The increase obtained in volume and musical quality of tone is carefully estimated to be full one HUNDRED PER CENT, as stated upon the authority of Louis M. Gottschalk, William Mason, William Berge, E. Muzio, Theodore Thomas, David R. Harrison, Charles Fradel, Christian Berge, and many other distinguished artists. Attention is respectfully invited to the following opinions of the improvement from leading journals:

From the New-York World.

A discovery worthy the attention of every one interested in music has been made by an old-established plandforte maker, Mr. Horatio Worcester, whose warerooms and factory have for years formed a landmark on the corner
of Fourteenth street and Third avenue. Mr. Worcester has succeeded in doubling the volume of sound belonging
to the plano, and at the same time improving in a great degree its quality. This has been effected by merely using
a plate made in two pieces instead of the common solid one. A portion is firmly fixed in the case in the usual
manner, and to this the second piece is attached by means of a coupling at the base end. This coupling on one side
and the tension of the strings on the other, hold it in its proper position, and allow it to move freely with the
strings while they are in operation, the effect of which is to give double their former vibratory power to both the
strings and sounding-board. The plate thus made is termed a binged-plate. A few days since Mr. Gottschalk
examined this novel feature and found it a worthy subject of approval, as appears by the subjoined extract from an
autograph note of his to the inventor, under date of the 17th instant: "I estimate the volume of tone (in the
improved planos) to be increased about one hundred per cent. Their singing quality is excellent. The
upper part of the key-board is exceedingly brilliant, while the base is of a rich and powerful sonorousness," Other
esteemed artists have also cordially indorsed the use of a hinged-plate. Among them are the names of William and
Christian Berge, Charles Fradel, David R. Harrison, and William Mason. Had the Worcester improvement been
sent to the London Exhibition, American pianos would have stood even a better chance than they do of winning
valuable laurels as model instruments.

From the New-York I vening Post.

HINGED-PLATE PIANO-FORTES.—A piano-forte manufacturer of this city has perfected a genuine improvement in the method of constructing and bracing the iron plate to which the strings are attached. The iron is divided and a portion of it left free to yield with the vibration of the strings and sounding-board. It is thought that planos so Zashioned will stand in tune better than others, from the fact that the strain of the strings centers at one point only, (the hinge,) and also because they are less liable to injury resulting from the swelling or shrinking of the sounding-board. The substantial character of the improvement is vouched for by many leading musicians, artists, and critics, by whom it has been well tested at the warerooms of the inventor, Mr. H. Worcester, corner of Third avenue and Fourteenth street.

From the New-York Musical Review and World.

One of our oldest-established piano-forte makers, Mr. Horatio Worcester, has just received letters patent for an improvement in the construction of that favorite instrument. The advantage consists in the use of a hinged plate, which gives to the sounding-board a freedom similar to that found in the violin. Mr. Worcester uses a plate cast in two pieces, one of which is fixed in the case after the usual manner, and with which the second or inner portion is connected by a coupling or hinge. To this second piece the strings are attached in the ordinary way, and by exerting a strain in opposition to that of the hinge, the piece is held in position. The effect of this is to give increased power of vibration throughout the whole extent of the sounding-board. This produces a singing quality of tone unusually powerful and agreeable, while for general volume, durability, and richness of tone, the instruments are decidedly superior. As the tension of the strings centers at the hinge, instead of being felt around the entire edge of the plate, there is a greater chance of these planos standing longer in tune than those having a solid plate. The strings are also relieved of considerable pressure arising from the swelling or shrinking of the sounding-board. It is the opinion of nearly all the skilled musicians and artists who have compared the Hinged-Plate Planos with others of the same scale and make, that the increase in volume and beauty of sound is quite equal to fifty per cent. The principle is certainly a correct one, and having worked in a most satisfactory manner so far, arter ample testing during nearly a year past, we see no reason to doubt its efficacy as claimed by the inventor. Being simple and substantial, it needs only to be known thoroughly to create for itself favor with the musical community. Mr. Worcester has received autograph testimonials from many of our most esteemed and influential resident musicians and errities, in which they express their entire confidence in the genuine character of the improvement One of our oldest-established piano-forte makers, Mr. Horatio Worcester, has just received letters patent for an

Complimentary notices have also appeared in the New-York Evening Express, Commercial Advertiser, Scientific American, Brooklyn City News, Brooklyn Weekiy Standard, New-York Leader, Saturday Evening Courier, Dwight's Journal of Music, and other standard journals, all of which indorse the Worcester modification in the strongest terms.

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